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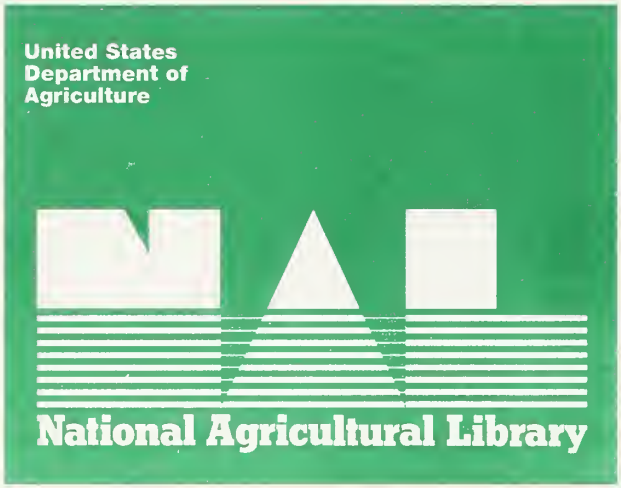
NFS Report
No. 96–2

December 1998

Food and Nutrient Intakes by Individuals in the United States, by Sex and Age, 1994–96

Nationwide Food Surveys
Report No. 96–2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Abstract

U.S. Department of Agriculture, Agricultural Research Service. 1998. Food and Nutrient Intakes by Individuals in the United States, by Sex and Age, 1994–96, Nationwide Food Surveys Report No. 96–2, 197 pp.

This publication contains estimates of food and nutrient intakes by individuals in the United States who participated in the 1994–96 Continuing Survey of Food Intakes by Individuals conducted by the U.S. Department of Agriculture. Two nonconsecutive days of food intake data for individuals of all ages were collected 3 to 10 days apart during in-person interviews between January 1994 and January 1997 using the 24-hour dietary recall method. Food and nutrient estimates are tabulated by sex and age in 28 tables. The tables include the following information: intakes of food energy and 45 nutrients and dietary components, including 19 individual fatty acids; nutrient intakes, expressed as percentages of the 1989 Recommended Dietary Allowances; macronutrient sources of food energy; percentages of individuals reporting specified eating occasions; food intakes in grams and as percentages of individuals consuming items in 71 food groups and subgroups; numbers of servings eaten from 30 food groups defined according to USDA's Food Guide Pyramid; percentages of overweight adults; frequencies of vigorous exercise among adults; and the percentages of individuals using vitamin and mineral supplements. Estimated standard errors are provided in separate tables.

Keywords: diet survey, exercise, fatty acids, food, Food Guide Pyramid, food intakes, minerals, overweight, nutrient intakes, nutrition survey, Pyramid servings, vitamins

Copies of this publication may be purchased from the National Technical Information Service, 5285 Port Royal Rd., Springfield, VA 22161; telephone (703) 605–6000.

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Tables 1se through table 28se: Standard error tables carry the same table numbers as tables in the main body of the report with the added suffix of *se*. For example, the table providing standard errors for table 1 is labeled *table 1se*. There are no standard errors for the percentiles in table 3C.

Acknowledgments

The following people deserve special thanks for their roles in this project:

- Joseph T. Spence, director, and Ellen Harris, assistant director, Beltsville Human Nutrition Research Center
- Alanna J. Moshfegh, research leader, Food Surveys Research Group
- Staff of the Food Surveys Research Group: Jaspreet Ahuja, Jaswinder Anand, Ellen Anderson, Janice Bodner, Lori Borrud, Parshotam Chahil, Linda Cleveland, Annetta Cook, Cecilia Wilkinson Enns, James Friday, Joseph Goldman, Etta Susanne Haggerty, Mary Hama, Jane Ho, Linda Ingwersen, Randy LaComb, Sharon Mickle, Alvin Nowverl, Betty Perloff, Nancy Raper, Rhonda Sebastian, Katherine Sykes, Katherine Tippett, Amy Tong, and John Wilson.
- The Nutrient Data Laboratory (which provided nutrient values that were used to develop the Survey Nutrient Database and provided information that was used during the conversion of intakes to Pyramid servings)
- Constance Georgiou, associate professor of nutrition, Oregon State University, and Patricia McKinney, nutritionist, Food and Nutrition Service, U.S. Department of Agriculture (manuscript reviewers)

Introduction

From 1994 through 1996, 16,103 people nationwide participated in the Continuing Survey of Food Intakes by Individuals (CSFII), popularly known as the "What We Eat in America" survey. Two nonconsecutive days of food intake data for individuals of all ages were collected 3 to 10 days apart during in-person interviews between January 1994 and January 1997, using the 24-hour recall method.

The tables in this report provide national probability estimates for food consumed by the U.S. population. Estimates are based on combined data from all 3 years of USDA's 10th nationwide food consumption survey. The results are weighted to adjust for differential rates of sample selection and nonresponse and to calibrate the sample to match population characteristics that are correlated with eating behavior. The design, methodology, and operation of the survey are detailed in a separate report (Tippett and Cypel 1998).

Sample sizes on which estimates are based are provided in appendix A. In general, the sample sizes for each sex-age group provide a sufficient level of precision to ensure statistical reliability of the estimates. A statistic that is potentially unreliable because of small sample size or large coefficient of variation is flagged; see appendix B for the criteria used in flagging estimates. Readers using data for young children should note that breast-fed children were excluded from estimates in all tables. For 1994–96, the overall day-1 response rate was 80.0 percent and the 2-day response rate was 76.1 percent.

Tables that present data on mean intakes or that present mean percentages are based on respondents' intakes on the first surveyed day (day 1) so that readers can compare this information with day-1 intakes from previous surveys that included different numbers of days of dietary information. Tables that present percentages of individuals who meet recommendations and tables that provide estimates of Food Guide Pyramid servings are based on respondents' 2-day average intakes. Notes to aid the reader in interpreting the tables follow the standard error tables. Descriptions of food groups are provided in appendix C; background on the method used to develop Pyramid servings is provided in appendix D; and chemical names, trivial names, and abbreviations of reported fatty acids are provided in appendix E.

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	Percent	*Kilocalories*	*Grams*					*Milligrams*
Males and females:								
Under 1	1.1	838	21.6	36.4	15.4	11.1	7.8	46
1-2	3.1	1,312	49.2	47.9	19.5	17.5	7.3	189
3-5	4.7	1,577	55.4	57.4	21.6	21.9	9.6	183
5 and under	8.9	1,393	49.1	51.5	20.1	19.0	8.6	168
Males:								
6-11	4.6	2,026	70.3	74.3	27.3	28.7	12.7	228
12-19	5.8	2,766	97.5	102.8	36.5	40.2	18.4	323
20-29	7.3	2,821	104.1	103.3	35.4	40.1	19.6	348
30-39	8.3	2,665	102.7	102.8	35.3	39.4	20.1	352
40-49	7.0	2,435	95.3	91.8	30.6	35.6	18.3	331
50-59	4.6	2,270	90.3	87.4	28.5	33.9	18.1	332
60-69	3.4	2,072	83.5	78.8	25.9	30.1	16.5	307
70 and over	3.4	1,834	72.9	68.6	22.8	26.4	13.9	270
20 and over	33.9	2,455	94.9	92.7	31.3	35.8	18.4	331
Females:								
6-11	4.4	1,807	62.4	66.1	24.2	25.5	11.5	200
12-19	5.6	1,910	65.3	69.3	24.5	26.6	12.9	216
20-29	7.0	1,841	65.9	65.9	22.3	25.2	13.5	219
30-39	8.8	1,710	65.3	63.2	21.3	24.1	12.8	217
40-49	6.9	1,682	63.5	63.5	21.0	24.0	13.6	222
50-59	5.2	1,600	64.1	59.4	19.1	22.6	13.1	209
60-69	4.1	1,489	60.4	55.2	17.9	20.8	12.1	218
70 and over	4.9	1,384	56.6	49.2	15.9	18.7	10.6	188
20 and over	36.8	1,646	63.2	60.5	20.0	23.0	12.8	213
All individuals	100.0	2,002	75.1	74.4	25.6	28.6	14.6	256

Note: Excludes breast-fed children.

Continued

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	Grams		Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	Milligrams	
Males and females:							
Under 1	106.8	3.4	855	217	11.9	108	0.90
1-2	175.9	8.8	717	263	4.6	99	1.11
3-5	215.6	10.7	789	274	5.4	96	1.34
5 and under	188.3	9.1	772	264	5.9	98	1.21
Males:							
6-11	276.3	13.6	950	291	6.9	101	1.76
12-19	366.1	17.4	1,086	411	9.3	119	2.13
20-29	344.9	18.3	994	432	10.0	120	2.04
30-39	322.3	19.4	1,069	529	10.9	107	2.01
40-49	294.7	18.3	1,134	546	9.5	105	1.89
50-59	273.1	18.5	1,194	590	9.7	110	1.80
60-69	252.5	18.5	1,281	666	9.4	105	1.76
70 and over	231.2	17.7	1,356	632	8.6	101	1.63
20 and over	298.8	18.6	1,133	544	9.9	109	1.90
Females:							
6-11	247.3	12.2	816	285	6.4	94	1.47
12-19	261.9	13.0	798	333	7.0	95	1.44
20-29	241.6	13.2	855	448	7.1	93	1.37
30-39	218.8	13.6	895	500	7.1	83	1.36
40-49	213.8	14.0	903	511	7.7	90	1.33
50-59	201.5	14.5	932	523	7.2	95	1.32
60-69	188.7	14.2	977	531	6.8	94	1.28
70 and over	183.5	14.2	1,099	567	6.4	95	1.24
20 and over	211.7	13.9	930	508	7.1	91	1.33
All individuals	255.4	15.1	982	463	8.0	100	1.59

Note: Excludes breast-fed children.

Continued

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Milligrams			*Micrograms*		*Milligrams*	
Males and females:							
Under 1	1.34	10.4	0.65	118	2.52	664	526
1-2	1.69	12.5	1.28	177	3.23	848	961
3-5	1.79	16.0	1.44	215	3.45	819	1,027
5 and under	1.70	14.1	1.29	190	3.25	809	942
Males:							
6-11	2.26	21.4	1.84	283	4.49	970	1,275
12-19	2.58	27.8	2.21	319	5.85	1,145	1,633
20-29	2.38	30.9	2.30	316	6.16	990	1,619
30-39	2.34	29.6	2.29	312	7.61	951	1,581
40-49	2.18	27.6	2.11	293	6.48	876	1,467
50-59	2.10	26.6	2.07	291	7.00	791	1,386
60-69	2.08	24.9	2.08	292	5.89	796	1,315
70 and over	1.99	21.9	1.92	283	6.39	746	1,198
20 and over	2.22	27.8	2.17	301	6.69	886	1,474
Females:							
6-11	1.91	18.0	1.50	232	3.91	857	1,131
12-19	1.75	19.0	1.53	232	3.80	771	1,108
20-29	1.63	19.3	1.53	230	3.78	701	1,090
30-39	1.60	19.0	1.50	223	4.05	661	1,048
40-49	1.57	18.9	1.51	226	4.37	634	1,014
50-59	1.55	19.0	1.51	224	4.14	630	1,023
60-69	1.53	17.8	1.48	220	4.25	604	957
70 and over	1.53	17.5	1.53	232	4.66	584	918
20 and over	1.57	18.7	1.51	226	4.17	643	1,019
All individuals	1.92	22.0	1.77	257	5.02	801	1,224

Note: Excludes breast-fed children.

Continued

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Milligrams					
Males and females:						
Under 1	98	15.7	6.4	0.7	458	1,070
1-2	186	10.5	7.4	.7	1,946	1,981
3-5	200	12.4	8.6	.8	2,468	2,026
5 and under	182	12.2	7.9	.8	2,037	1,891
Males:						
6-11	245	16.6	11.2	1.0	3,186	2,398
12-19	311	19.8	14.5	1.4	4,407	3,115
20-29	335	19.5	14.8	1.5	4,553	3,216
30-39	344	19.8	15.5	1.6	4,385	3,380
40-49	329	18.2	13.3	1.5	4,048	3,225
50-59	318	17.1	13.2	1.5	3,874	3,165
60-69	311	17.4	12.4	1.3	3,562	3,076
70 and over	283	16.3	11.3	1.3	3,120	2,822
20 and over	326	18.4	13.8	1.5	4,074	3,198
Females:						
6-11	218	13.7	9.5	.9	2,805	2,145
12-19	223	13.8	9.9	1.0	3,052	2,218
20-29	229	13.5	9.5	1.1	3,001	2,255
30-39	234	12.9	9.7	1.1	2,871	2,310
40-49	237	13.2	9.3	1.1	2,754	2,373
50-59	244	12.5	8.9	1.1	2,710	2,450
60-69	230	12.4	8.5	1.0	2,577	2,350
70 and over	225	12.4	8.3	1.0	2,370	2,283
20 and over	234	12.9	9.1	1.0	2,752	2,332
All individuals	264	15.4	11.1	1.2	3,271	2,620

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 2.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent	*Percent of RDA*							
Males and females:									
Under 1	1.1	110	158	228	345	330	251	293	185
1-2	3.1	101	308	179	77	248	158	211	139
3-5	4.7	98	266	170	80	221	162	182	147
5 and under	8.9	100	267	180	112	244	172	206	149
Males:									
6-11	4.6	99	240	137	93	221	172	185	160
12-19	5.8	99	184	109	93	213	150	155	148
20-29	7.3	97	172	99	100	199	136	140	162
30-39	8.3	92	163	107	109	179	134	138	156
40-49	7.0	84	151	113	95	175	126	128	145
50-59	4.6	96	143	119	97	183	146	146	172
60-69	3.4	90	133	128	94	175	147	149	166
70 and over	3.4	80	116	136	86	168	136	142	146
20 and over	33.9	91	152	113	99	182	136	139	157
Females:									
6-11	4.4	90	213	124	90	205	147	159	137
12-19	5.6	87	145	100	88	171	131	134	126
20-29	7.0	82	135	104	86	150	120	122	126
30-39	8.8	77	129	110	87	136	121	121	125
40-49	6.9	76	127	113	95	149	121	121	126
50-59	5.2	83	128	117	90	158	131	128	144
60-69	4.1	78	121	122	85	157	128	127	137
70 and over	4.9	73	113	137	80	158	124	127	135
20 and over	36.8	78	127	115	88	149	123	124	131
All individuals	100.0	88	161	121	94	179	137	143	144

Note: Excludes breast-fed children.

Continued

Table 2.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
	Percent of RDA							
Males and females:								
Under 1	143	390	615	132	129	189	197	128
1-2	128	354	461	106	120	232	105	74
3-5	135	332	390	102	128	193	124	86
5 and under	134	347	443	107	126	206	127	87
Males:								
6-11	133	280	324	114	150	144	160	105
12-19	117	180	293	95	136	92	169	97
20-29	115	158	308	103	169	96	195	98
30-39	114	156	380	119	198	98	198	103
40-49	105	146	324	109	183	94	182	88
50-59	103	145	350	99	173	91	171	88
60-69	104	146	295	99	164	89	174	82
70 and over	96	141	320	93	150	81	163	76
20 and over	108	151	334	106	177	93	184	92
Females:								
6-11	112	231	286	101	133	128	129	92
12-19	104	138	190	64	92	77	91	82
20-29	93	121	186	71	110	80	87	76
30-39	92	120	201	81	128	83	85	79
40-49	94	125	218	79	126	85	87	77
50-59	95	125	207	79	128	87	120	74
60-69	92	122	213	75	120	82	124	71
70 and over	95	129	233	73	115	80	124	69
20 and over	93	123	208	77	122	83	100	75
All individuals	107	168	284	93	142	102	139	86

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	† 2.2	8.7	42.8	† 1.7	† 4.6	19.9	† 0.0	† 2.4	5.4
1-2	3.1	2.5	20.9	56.3	† .2	† .2	1.2	3.1	9.9	22.5
3-5	4.7	3.1	23.5	60.5	† 0.0	† .4	1.1	5.3	14.3	27.8
5 and under	8.9	2.8	20.8	56.9	† .3	.9	3.5	3.9	11.3	23.2
Males:										
6-11	4.6	2.6	21.1	58.3	† 0.0	† .2	2.6	8.8	23.7	38.9
12-19	5.8	5.3	28.5	60.6	† .4	3.0	9.6	24.5	47.4	64.1
20-29	7.3	9.5	34.4	64.5	† .9	5.8	15.3	34.5	54.5	69.6
30-39	8.2	8.8	37.2	67.5	† .5	5.6	15.8	28.4	46.8	63.2
40-49	6.9	11.3	44.0	73.6	† 1.3	6.4	17.1	25.0	44.9	58.7
50-59	4.6	7.5	30.9	61.0	† .8	8.1	21.8	24.5	44.4	60.0
60-69	3.4	7.4	33.5	67.3	† 1.5	7.1	24.1	20.6	37.1	51.3
70 and over	3.3	12.4	47.1	80.5	3.8	15.6	37.7	21.1	36.6	52.4
20 and over	33.9	9.5	37.7	68.5	1.2	7.3	19.8	27.0	45.7	60.9
Females:										
6-11	4.4	4.5	31.6	72.5	† .5	† 1.8	4.9	12.7	29.8	50.0
12-19	5.6	11.5	43.0	74.7	† 1.6	10.0	23.7	31.5	54.2	69.3
20-29	7.0	14.4	47.0	79.5	2.3	11.9	26.9	31.7	52.6	68.3
30-39	8.7	14.3	54.4	82.6	2.6	12.2	29.4	30.5	48.4	61.0
40-49	6.9	14.3	56.3	86.0	2.7	11.4	29.0	27.4	45.6	59.8
50-59	5.2	9.6	43.9	78.6	2.9	12.7	29.9	22.6	42.1	56.7
60-69	4.2	14.9	48.9	84.8	3.5	15.1	31.8	20.6	43.0	55.4
70 and over	4.8	16.1	54.2	87.6	3.8	17.3	41.1	18.0	36.8	50.7
20 and over	36.8	14.0	51.2	83.0	2.8	13.1	30.7	26.3	45.7	59.6
All individuals	100.0	9.9	39.9	72.4	1.6	8.2	20.5	23.3	41.5	56.2

† See "Statistical notes," appendix B.

Continued

Note: Excludes breast-fed children.

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	† 2.3	† 4.2	6.6	† 0.4	†0.9	† 1.0	† 0.0	† .3	† 4.6
1-2	3.1	26.4	61.2	81.1	5.2	12.7	18.5	† .8	4.3	14.6
3-5	4.7	19.6	54.8	77.7	6.8	13.2	21.0	† .5	3.7	13.6
5 and under	8.9	19.8	50.7	69.9	5.4	11.5	17.6	.5	3.5	12.8
Males:										
6-11	4.6	14.7	40.2	69.2	6.4	15.9	23.0	† .5	2.7	10.3
12-19	5.8	17.4	44.6	64.7	13.1	22.8	32.5	† 1.8	8.8	24.0
20-29	7.3	17.1	42.7	64.5	18.1	30.1	40.7	5.4	16.7	35.9
30-39	8.2	14.8	35.9	60.7	15.8	28.6	40.3	3.3	13.4	34.2
40-49	6.9	18.1	41.1	59.7	17.7	30.9	41.0	4.6	17.7	35.0
50-59	4.6	17.9	44.2	64.8	14.5	27.6	40.2	3.6	9.3	23.0
60-69	3.4	19.9	48.3	69.7	13.7	24.6	34.5	1.8	8.0	22.7
70 and over	3.3	26.8	55.7	76.8	14.6	24.9	34.5	2.6	11.7	26.7
20 and over	33.9	18.1	42.8	64.4	16.2	28.5	39.3	3.8	13.7	31.3
Females:										
6-11	4.4	11.9	47.8	74.1	7.4	15.5	25.4	† .4	4.7	20.5
12-19	5.6	21.7	50.1	75.7	17.5	30.2	42.3	4.3	14.7	32.0
20-29	7.0	23.8	53.6	73.8	20.2	32.5	44.0	6.7	19.8	39.6
30-39	8.7	21.6	49.9	71.7	22.9	37.1	50.0	6.0	18.6	38.7
40-49	6.9	19.8	46.6	70.7	21.5	35.5	45.6	4.3	19.0	41.6
50-59	5.2	21.9	48.5	69.8	17.1	30.6	40.8	2.2	13.3	33.3
60-69	4.2	24.6	51.2	74.9	17.3	28.6	39.8	4.6	14.5	36.1
70 and over	4.8	26.5	54.5	79.1	14.9	25.6	37.1	3.1	14.2	33.9
20 and over	36.8	22.7	50.5	73.0	19.6	32.5	43.9	4.7	17.1	37.7
All individuals	100.0	19.7	46.9	69.3	15.6	27.1	37.5	3.5	12.9	30.2

† See "Statistical notes," appendix B.

Continued

Note: Excludes breast-fed children.

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	† 0.0	† 1.3	† 1.5	†0.4	† 3.4	8.1	† 0.0	6.8	24.3
1-2	3.1	† .4	1.7	5.0	3.3	13.9	28.9	3.7	16.4	35.1
3-5	4.7	† .5	2.9	10.0	1.4	7.4	20.6	2.5	12.0	28.9
5 and under	8.9	† .4	2.3	7.2	1.9	9.2	21.9	2.6	12.8	30.5
Males:										
6-11	4.6	† .4	2.1	8.8	† .6	4.7	15.6	4.1	13.0	33.1
12-19	5.8	2.9	11.0	23.2	† 1.7	8.1	24.2	8.3	25.6	46.2
20-29	7.3	4.7	16.0	37.4	2.1	9.8	22.9	10.0	31.3	50.8
30-39	8.2	3.3	14.5	32.4	† 1.3	7.0	18.6	8.5	26.4	48.3
40-49	6.9	3.5	16.8	33.9	† 1.2	8.2	23.5	9.2	31.5	54.0
50-59	4.6	2.7	9.9	25.9	1.8	5.0	14.5	10.9	28.5	52.3
60-69	3.4	1.7	7.9	21.8	† .9	4.4	12.3	7.8	27.9	54.5
70 and over	3.3	2.8	9.5	25.6	2.6	9.7	21.7	13.7	34.4	61.9
20 and over	33.9	3.4	13.5	31.2	1.6	7.6	19.6	9.8	29.7	52.5
Females:										
6-11	4.4	† .3	5.0	16.1	† 1.1	9.2	26.8	4.7	21.8	46.3
12-19	5.6	7.1	18.4	35.4	4.5	16.0	38.0	12.5	34.9	57.4
20-29	7.0	7.2	20.9	41.3	4.0	18.1	35.3	16.2	39.4	65.1
30-39	8.7	5.6	17.5	41.1	3.1	17.9	35.8	14.2	39.8	63.5
40-49	6.9	4.9	22.2	43.3	2.3	14.5	34.8	13.5	42.3	66.8
50-59	5.2	3.2	15.5	35.7	2.2	10.6	24.6	13.8	35.9	62.2
60-69	4.2	4.9	17.7	34.7	3.5	11.3	26.8	13.5	36.1	66.2
70 and over	4.8	3.4	15.2	33.1	3.9	13.1	31.1	15.1	37.6	60.4
20 and over	36.8	5.1	18.5	39.0	3.2	14.9	32.3	14.4	38.9	64.1
All individuals	100.0	3.6	13.6	30.0	2.3	10.9	25.9	10.4	30.5	53.6

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

Continued

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	† 0.0	† 0.0	† 0.4	† 1.3	† 1.3	† 1.3	† 2.6	8.7	27.6
1-2	3.1	† 0.0	† .2	1.4	† .2	† .7	1.0	11.1	30.6	51.3
3-5	4.7	† .1	† .6	2.2	† .4	† .8	2.2	11.0	30.4	56.5
5 and under	8.9	† *	† .4	1.7	.4	.8	1.7	10.0	27.7	51.1
Males:										
6-11	4.6	† .3	† 1.6	5.1	† 0.0	† .8	2.3	6.7	23.3	44.5
12-19	5.8	4.3	14.0	26.8	† .9	3.6	7.5	18.1	39.3	63.7
20-29	7.3	7.3	20.8	37.6	3.6	6.3	11.3	19.8	40.6	60.7
30-39	8.2	5.0	17.0	30.1	2.2	5.8	10.4	9.1	27.8	48.1
40-49	6.9	6.8	17.9	33.7	2.0	6.5	11.7	11.9	32.7	51.2
50-59	4.6	5.9	17.4	33.0	2.5	6.0	10.8	14.5	40.2	60.8
60-69	3.4	4.4	16.0	34.1	3.2	7.3	12.2	13.4	36.6	56.8
70 and over	3.3	7.2	18.4	34.3	4.0	7.8	16.2	15.7	39.5	61.2
20 and over	33.9	6.1	18.1	33.7	2.8	6.4	11.7	13.8	35.3	55.4
Females:										
6-11	4.4	† .6	2.6	9.9	† .6	† 1.5	6.0	10.9	31.9	57.5
12-19	5.6	9.5	23.5	41.7	8.2	14.3	26.0	43.4	70.7	86.5
20-29	7.0	13.7	31.5	47.6	9.1	17.9	29.6	34.4	63.4	83.1
30-39	8.7	11.4	32.0	48.0	7.5	16.4	28.1	24.0	52.3	74.7
40-49	6.9	10.4	28.9	48.1	7.8	17.7	29.7	29.1	55.5	76.t
50-59	5.2	9.0	26.1	45.4	7.7	17.3	30.4	26.2	53.2	76.7
60-69	4.2	9.0	23.5	44.7	8.3	17.8	29.8	30.4	59.9	79.3
70 and over	4.8	8.0	23.1	41.1	8.9	18.5	29.3	29.0	58.3	79.2
20 and over	36.8	10.6	28.4	46.3	8.1	17.5	29.4	28.6	56.8	78.0
All individuals	100.0	6.8	18.9	33.2	4.5	9.8	17.2	20.4	44.1	65.1

† See "Statistical notes," appendix B.

Continued

* Value less than 0.05 but greater than zero.

Note: Excludes breast-fed children.

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	† 2.3	12.6	27.5	† 0.0	† 3.5	6.7	† 3.4	7.3	12.1
1-2	3.1	2.9	14.3	35.3	† *	† .8	2.9	9.0	31.1	56.1
3-5	4.7	1.2	9.9	29.0	† .2	1.8	7.3	2.4	15.7	38.3
5 and under	8.9	1.9	11.7	31.0	† .1	1.7	5.7	4.8	20.0	41.1
Males:										
6-11	4.6	† .4	4.6	17.4	† .8	8.9	24.0	† 1.4	5.6	20.2
12-19	5.8	2.4	8.6	27.2	14.3	40.2	66.5	† 1.3	6.6	16.9
20-29	7.3	† 1.5	8.3	21.1	14.6	40.1	67.0	† .8	5.0	13.1
30-39	8.2	† .8	2.3	8.0	8.3	34.4	61.1	† .4	3.9	11.1
40-49	6.9	† 1.4	3.0	10.0	9.7	35.8	61.2	† .6	4.5	14.1
50-59	4.6	† .6	3.6	11.0	10.7	35.6	66.9	† 1.0	5.8	16.2
60-69	3.4	† .4	4.3	12.5	10.1	39.2	68.9	† 1.0	4.5	14.5
70 and over	3.3	† 1.4	8.2	16.6	13.8	48.5	78.7	2.1	9.6	21.5
20 and over	33.9	1.1	4.7	13.0	11.0	38.0	65.7	.8	5.2	14.2
Females:										
6-11	4.4	† 1.6	8.8	28.2	2.7	13.0	32.6	2.8	15.1	39.1
12-19	5.6	12.5	38.8	66.3	22.8	59.6	82.1	15.5	43.7	72.3
20-29	7.0	9.2	26.8	47.7	16.6	52.7	78.8	20.2	48.0	74.1
30-39	8.7	3.9	11.6	29.0	15.8	48.0	75.1	18.2	49.6	73.4
40-49	6.9	3.6	12.4	31.6	12.8	46.3	73.8	17.4	50.4	77.9
50-59	5.2	1.9	11.7	29.7	10.2	40.5	72.8	4.5	18.8	44.8
60-69	4.2	3.9	17.0	35.9	15.8	44.0	77.5	5.0	20.0	40.7
70 and over	4.8	4.5	17.6	38.0	16.3	47.1	76.5	5.2	19.6	40.8
20 and over	36.8	4.6	16.1	35.1	14.7	47.0	75.7	13.3	37.8	62.3
All individuals	100.0	3.2	11.8	27.4	11.4	36.9	61.6	6.7	21.2	39.1

† See "Statistical notes," appendix B.

Continued

* Value less than 0.05 but greater than zero.

Note: Excludes breast-fed children.

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1994-96--continued

Sex and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
	Percent	*Percent of individuals*		
Males and females:				
Under 1	1.1	† 2.3	9.1	27.0
1-2	3.1	22.0	62.1	84.8
3-5	4.7	12.6	46.4	74.6
5 and under	8.9	14.6	47.1	72.2
Males:				
6-11	4.6	6.2	27.4	54.8
12-19	5.8	10.7	38.6	65.3
20-29	7.3	13.7	40.2	63.4
30-39	8.2	13.1	32.6	58.8
40-49	6.9	13.5	40.7	67.3
50-59	4.6	15.6	45.9	71.0
60-69	3.4	18.9	49.2	75.6
70 and over	3.3	27.6	63.4	85.5
20 and over	33.9	15.7	42.5	67.5
Females:				
6-11	4.4	11.2	41.6	69.6
12-19	5.6	22.6	50.6	76.1
20-29	7.0	23.1	60.0	80.4
30-39	8.7	22.8	53.5	79.4
40-49	6.9	22.9	58.9	81.7
50-59	5.2	23.7	61.3	83.9
60-69	4.2	27.2	62.8	86.7
70 and over	4.8	30.3	66.1	87.6
20 and over	36.8	24.5	59.6	82.6
All individuals	100.0	18.3	48.7	73.3

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	57.2	11.2	† 1.9	80.1	43.3	21.5	94.6	71.1	41.0
1-2	3.1	43.7	7.1	† .9	98.8	94.4	83.7	77.5	50.3	29.6
3-5	4.7	39.5	5.1	† .4	98.9	91.3	71.7	72.2	44.6	25.2
5 and under	8.9	43.1	6.5	.8	96.5	86.4	69.5	76.8	49.9	28.7
Males:										
6-11	4.6	41.7	4.4	† .7	97.4	85.4	64.8	61.1	33.2	17.0
12-19	5.8	39.4	8.1	† 1.4	90.4	64.8	34.5	35.9	19.6	9.2
20-29	7.3	35.5	7.2	† 1.3	84.7	53.7	25.4	30.4	14.0	7.6
30-39	8.2	32.5	5.7	2.4	84.2	54.1	23.9	36.8	20.6	13.2
40-49	6.9	26.4	2.9	† .5	82.9	43.3	18.3	41.3	22.2	12.0
50-59	4.6	39.0	5.2	† .8	78.2	40.0	14.7	40.0	21.9	11.8
60-69	3.4	32.7	3.5	† .2	75.9	29.6	7.5	48.7	25.9	14.6
70 and over	3.3	19.5	† 1.3	† .1	62.3	16.3	2.5	47.6	25.5	15.0
20 and over	33.9	31.5	4.7	1.1	80.2	43.7	18.0	39.1	20.7	11.9
Females:										
6-11	4.4	27.5	† 1.6	† 0.0	95.1	77.0	47.6	50.0	24.8	15.5
12-19	5.6	25.3	3.0	† .6	76.3	38.6	13.5	30.7	16.3	8.4
20-29	7.0	20.5	† 1.8	† .1	73.1	28.0	9.9	31.7	17.3	10.0
30-39	8.7	17.4	1.8	† 0.0	70.6	26.3	8.6	39.0	20.2	11.5
40-49	6.9	14.0	† 1.2	† 0.0	71.0	25.2	6.4	40.2	22.1	12.5
50-59	5.2	21.4	1.7	† 0.0	70.1	24.3	5.1	43.3	25.8	15.8
60-69	4.2	15.2	† .5	† .1	68.2	21.3	3.8	44.6	25.2	14.6
70 and over	4.8	12.4	† .1	† 0.0	58.9	17.3	3.8	49.3	25.8	15.2
20 and over	36.8	17.0	1.3	† *	69.3	24.4	6.8	40.4	22.1	12.8
All individuals	100.0	27.6	3.6	.6	79.5	44.7	22.6	43.8	24.3	13.8

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

Continued

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	93.4	91.6	84.4	† 99.0	93.3	78.7	† 95.4	80.4	64.1
1-2	3.1	18.9	6.3	2.4	81.5	65.4	49.6	85.4	46.8	20.3
3-5	4.7	22.3	5.6	1.2	79.0	59.7	42.8	86.4	49.9	18.0
5 and under	8.9	30.1	16.6	12.0	82.4	65.9	49.6	87.2	52.6	24.6
Males:										
6-11	4.6	30.8	8.5	2.6	77.0	59.3	42.4	89.7	54.7	23.1
12-19	5.8	35.3	9.6	3.0	67.5	51.6	37.2	76.0	40.2	15.8
20-29	7.3	35.5	12.2	3.7	59.3	42.7	32.7	64.1	28.2	11.0
30-39	8.2	39.3	15.9	7.5	59.7	41.7	31.6	65.8	31.7	13.5
40-49	6.9	40.3	14.0	4.3	59.0	43.8	28.7	65.0	27.9	8.2
50-59	4.6	35.2	11.9	4.3	59.8	45.2	32.7	77.0	40.1	16.5
60-69	3.4	30.3	7.9	3.9	65.5	47.2	33.1	77.3	41.6	17.7
70 and over	3.3	23.2	7.5	3.1	65.5	45.6	33.0	73.3	31.8	11.9
20 and over	33.9	35.6	12.5	4.8	60.7	43.8	31.7	68.7	32.3	12.6
Females:										
6-11	4.4	25.9	5.1	† 1.4	74.6	54.7	40.1	79.5	38.8	13.5
12-19	5.6	24.3	5.7	2.1	57.7	40.2	28.5	68.0	26.3	9.1
20-29	7.0	26.2	9.1	3.9	56.0	38.0	23.7	60.4	23.3	6.4
30-39	8.7	28.3	8.6	3.0	50.0	33.1	21.2	61.3	22.6	7.8
40-49	6.9	29.3	9.6	3.5	54.4	34.7	22.5	58.4	21.0	7.8
50-59	5.2	30.2	7.7	2.8	59.2	40.1	25.1	66.7	28.7	8.1
60-69	4.2	25.1	7.0	3.0	60.2	39.0	25.2	63.9	25.1	9.1
70 and over	4.8	20.9	6.0	3.1	62.9	46.2	28.7	66.1	24.1	6.8
20 and over	36.8	27.0	8.2	3.2	56.1	37.7	23.9	62.3	23.8	7.6
All individuals	100.0	30.7	10.2	4.4	62.5	45.0	31.4	69.8	32.4	12.3

† See "Statistical notes," appendix B.

Continued

Note: Excludes breast-fed children.

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	† 98.5	89.8	79.6	91.9	62.6	38.5	75.7	36.9	14.8
1-2	3.1	95.0	76.3	49.0	71.1	37.3	15.0	64.9	26.8	8.5
3-5	4.7	90.0	61.2	29.9	79.4	41.5	14.6	71.1	31.0	10.0
5 and under	8.9	92.8	70.0	42.7	78.1	42.7	17.7	69.5	30.3	10.1
Males:										
6-11	4.6	91.2	63.5	31.3	84.4	48.4	18.0	66.9	28.5	9.8
12-19	5.8	76.8	41.8	21.5	75.8	40.3	17.6	53.8	19.6	7.0
20-29	7.3	62.6	31.3	12.5	77.1	43.3	20.9	49.2	19.2	5.5
30-39	8.2	67.6	33.9	14.2	81.4	44.7	20.0	51.7	19.3	7.6
40-49	6.9	66.1	29.8	10.1	76.5	39.5	15.2	46.0	15.7	4.2
50-59	4.6	74.1	38.8	15.0	85.5	58.2	28.5	47.7	14.9	4.7
60-69	3.4	78.2	42.0	19.0	87.7	54.0	27.1	45.5	12.8	4.0
70 and over	3.3	74.4	34.6	13.8	78.3	38.5	15.8	38.1	11.2	2.7
20 and over	33.9	68.8	34.1	13.5	80.4	45.5	20.7	47.5	16.5	5.2
Females:										
6-11	4.4	83.9	49.1	18.3	73.2	30.6	9.5	53.7	18.7	5.1
12-19	5.6	64.6	30.7	13.1	62.0	25.1	7.5	42.6	12.8	3.9
20-29	7.0	58.7	22.8	6.4	64.7	26.1	8.0	34.9	8.7	2.1
30-39	8.7	58.9	22.9	6.9	64.2	26.1	9.8	36.5	8.1	2.3
40-49	6.9	56.7	18.7	7.4	65.2	22.9	8.6	33.2	8.5	2.9
50-59	5.2	64.3	25.5	6.8	75.4	38.0	11.9	37.8	8.2	2.0
60-69	4.2	65.3	26.3	7.6	73.2	35.1	9.2	33.8	7.6	† 1.5
70 and over	4.8	66.9	28.3	9.1	68.9	32.6	10.6	39.6	10.4	2.3
20 and over	36.8	61.0	23.6	7.2	67.7	29.0	9.6	35.9	8.6	2.2
All individuals	100.0	70.0	35.7	15.3	74.1	37.2	14.8	46.4	15.4	4.8

† See "Statistical notes," appendix B.

Continued

Note: Excludes breast-fed children.

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	† 99.6	† 97.9	92.6	† 98.7	† 98.5	† 96.6	72.4	30.9	12.5
1-2	3.1	98.6	92.0	81.0	99.0	96.8	92.5	48.7	16.1	4.2
3-5	4.7	97.8	89.7	76.3	97.8	93.1	83.6	43.5	11.5	2.5
5 and under	8.9	98.3	91.5	79.9	98.3	95.0	88.3	48.9	15.5	4.3
Males:										
6-11	4.6	94.9	77.6	62.6	97.7	88.4	72.6	55.5	21.7	4.8
12-19	5.8	73.2	45.8	28.6	92.5	78.4	63.4	36.3	12.7	4.5
20-29	7.3	62.4	37.2	24.0	88.7	73.4	58.0	39.3	14.7	6.1
30-39	8.2	69.9	38.5	22.9	89.6	76.3	64.9	51.9	24.9	10.9
40-49	6.9	66.3	37.4	19.5	88.3	72.5	57.6	48.8	19.4	8.3
50-59	4.6	67.0	37.8	18.6	89.2	74.1	55.8	39.2	13.3	4.2
60-69	3.4	65.9	36.5	18.1	87.8	71.2	56.4	43.2	13.0	3.3
70 and over	3.3	65.7	37.0	17.4	83.8	66.7	47.2	38.8	12.6	1.9
20 and over	33.9	66.3	37.5	20.8	88.3	73.1	58.1	44.6	17.6	6.8
Females:										
6-11	4.4	90.1	70.2	50.4	94.0	81.8	60.9	42.5	12.6	1.9
12-19	5.6	58.3	31.2	14.0	74.0	52.6	33.9	13.5	† 1.4	† .4
20-29	7.0	52.4	24.5	11.0	70.4	46.5	28.5	16.9	3.3	† .9
30-39	8.7	52.0	24.0	11.5	71.9	51.1	33.5	25.3	6.3	† 1.6
40-49	6.9	51.9	24.8	9.6	70.3	48.5	29.7	23.9	5.0	† 1.3
50-59	5.2	54.6	26.0	11.2	69.6	47.1	29.4	23.3	4.8	† 1.2
60-69	4.2	55.3	22.7	10.2	70.2	47.8	30.1	20.7	3.6	† .6
70 and over	4.8	58.9	30.1	13.2	70.7	46.9	27.5	20.8	3.6	† .8
20 and over	36.8	53.7	25.2	11.1	70.6	48.2	30.1	22.0	4.6	1.1
All individuals	100.0	66.8	41.2	25.8	82.8	66.2	50.2	34.9	11.4	3.7

† See "Statistical notes," appendix B.

Continued

Note: Excludes breast-fed children.

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	72.5	29.3	10.0	93.3	62.6	39.8	87.9	69.3	42.6
1-2	3.1	64.7	19.5	4.4	97.1	84.7	60.8	43.9	17.8	5.4
3-5	4.7	71.0	23.1	5.2	92.7	66.6	37.3	61.7	21.9	7.1
5 and under	8.9	69.0	22.6	5.5	94.3	72.3	45.7	58.9	26.4	10.9
Males:										
6-11	4.6	82.6	44.9	14.6	76.0	38.2	14.1	79.8	39.1	17.9
12-19	5.8	72.8	31.1	12.3	33.5	6.7	† 1.6	83.1	44.2	22.5
20-29	7.3	78.9	48.3	24.0	33.0	9.1	1.9	86.9	57.3	34.1
30-39	8.2	92.0	69.9	40.1	38.9	10.8	† 1.6	88.9	60.9	33.8
40-49	6.9	90.0	64.7	34.8	38.8	6.7	† 1.1	85.9	56.7	32.7
50-59	4.6	89.0	59.1	30.0	33.1	5.6	† .6	83.8	53.3	28.1
60-69	3.4	87.5	55.1	24.8	31.1	4.2	† .4	85.5	52.2	27.5
70 and over	3.3	83.4	43.6	18.0	21.3	3.3	† .3	78.5	48.7	21.9
20 and over	33.9	87.0	58.6	30.4	34.3	7.5	1.2	85.8	56.1	31.0
Females:										
6-11	4.4	71.8	26.9	8.6	67.4	24.7	7.5	60.9	24.3	9.0
12-19	5.6	33.7	6.6	† .9	17.9	2.3	† .4	27.7	7.0	2.3
20-29	7.0	52.3	14.3	3.1	21.2	2.6	† .7	25.9	9.0	2.4
30-39	8.7	71.0	24.9	7.5	24.9	3.5	† .5	26.6	7.8	2.2
40-49	6.9	68.4	24.7	6.3	26.2	3.1	† .2	22.1	7.0	3.1
50-59	5.2	70.3	22.5	5.7	27.2	3.0	† .1	55.2	20.6	6.7
60-69	4.2	64.1	20.7	3.7	22.5	2.7	† .3	59.3	22.6	6.9
70 and over	4.8	62.0	20.2	4.3	23.5	3.1	† .6	59.2	26.2	9.9
20 and over	36.8	64.9	21.4	5.3	24.3	3.0	.4	37.7	13.8	4.6
All individuals	100.0	72.6	35.2	14.6	38.4	13.5	5.7	60.9	32.3	15.8

† See "Statistical notes," appendix B.

Continued

Note: Excludes breast-fed children.

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1994-96--continued

Sex and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	*Percent of individuals*		
Males and females:				
Under 1	1.1	73.0	25.2	8.3
1-2	3.1	15.2	2.6	† .6
3-5	4.7	25.4	4.3	† .8
5 and under	8.9	27.8	6.4	1.7
Males:				
6-11	4.6	45.2	12.9	3.9
12-19	5.8	34.7	9.7	4.0
20-29	7.3	36.6	9.6	2.5
30-39	8.2	41.2	12.2	6.3
40-49	6.9	32.7	7.0	† .9
50-59	4.6	29.0	7.2	2.3
60-69	3.4	24.4	5.1	1.8
70 and over	3.3	14.5	2.5	† 1.1
20 and over	33.9	32.5	8.2	2.9
Females:				
6-11	4.4	30.4	7.5	† 1.7
12-19	5.6	23.9	4.8	† .9
20-29	7.0	19.6	3.8	† 1.2
30-39	8.7	20.6	4.2	† 1.3
40-49	6.9	18.3	4.0	1.5
50-59	5.2	16.1	2.2	† .6
60-69	4.2	13.3	2.1	† .6
70 and over	4.8	12.4	2.1	† .8
20 and over	36.8	17.4	3.3	1.1
All individuals	100.0	26.7	6.3	2.1

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Food energy						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	62.4	78.0	87.6	103.5	126.4	155.4	169.9
1-2	3.1	55.8	64.4	78.2	95.8	118.7	142.1	156.7
3-5	4.7	53.2	60.6	76.0	92.2	113.2	134.5	150.0
5 and under	8.9	54.8	62.6	78.0	94.5	116.8	140.0	156.1
Males:								
6-11	4.6	57.0	64.1	77.4	92.7	113.5	128.6	143.5
12-19	5.8	49.2	57.3	72.2	92.0	114.8	142.1	161.0
20-29	7.3	42.9	50.7	66.1	83.7	113.0	137.6	157.2
30-39	8.2	44.4	52.1	67.8	85.0	106.7	132.1	152.5
40-49	6.9	39.7	48.7	62.6	79.2	101.3	117.3	132.0
50-59	4.6	46.5	52.0	70.0	92.6	114.4	134.6	150.2
60-69	3.4	46.5	53.4	69.3	86.4	108.3	127.0	139.6
70 and over	3.3	38.1	45.2	60.5	77.1	94.8	113.6	124.6
20 and over	33.9	42.8	50.5	65.8	83.4	106.4	129.3	148.2
Females:								
6-11	4.4	50.1	58.3	70.3	84.4	100.9	116.8	133.3
12-19	5.6	41.0	48.1	62.2	79.5	100.2	122.8	134.8
20-29	7.0	36.0	43.2	61.2	76.8	94.6	112.3	126.6
30-39	8.7	38.5	45.0	58.1	71.4	90.6	111.5	125.3
40-49	6.9	35.5	45.0	57.6	71.9	88.2	105.6	118.9
50-59	5.2	43.7	51.1	61.2	78.7	97.6	116.6	131.4
60-69	4.2	36.5	45.1	57.4	75.8	91.0	106.6	117.7
70 and over	4.8	37.8	42.7	55.5	71.5	88.9	103.7	113.3
20 and over	36.8	37.8	45.5	58.4	74.1	92.0	110.3	124.0
All individuals	100.0	41.6	50.0	64.6	81.6	102.5	124.5	141.0

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Protein						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	77.6	90.0	107.1	135.1	190.8	258.2	304.1
1-2	3.1	146.0	179.6	227.5	288.2	362.8	445.8	500.9
3-5	4.7	133.8	154.3	193.0	245.8	314.5	380.4	431.9
5 and under	8.9	109.1	133.6	187.1	248.2	323.1	400.0	460.2
Males:								
6-11	4.6	116.5	134.5	177.4	228.9	284.9	350.1	389.4
12-19	5.8	87.0	101.1	132.1	172.0	217.1	275.4	312.3
20-29	7.3	71.5	89.5	113.7	154.7	200.1	253.0	276.5
30-39	8.2	70.8	89.2	115.6	153.2	197.4	238.9	290.8
40-49	6.9	70.3	85.4	111.7	139.0	184.8	224.0	256.3
50-59	4.6	64.7	78.2	105.7	135.9	174.8	216.4	242.7
60-69	3.4	68.0	79.7	101.1	128.0	159.6	190.8	212.9
70 and over	3.3	52.7	64.3	87.7	110.4	136.9	165.7	183.5
20 and over	33.9	68.0	82.1	107.2	140.2	182.2	226.9	261.6
Females:								
6-11	4.4	100.5	120.9	154.1	196.6	245.5	302.6	341.8
12-19	5.6	63.0	74.9	102.1	135.4	173.4	215.4	244.9
20-29	7.0	59.0	69.8	96.7	122.2	155.5	198.1	228.1
30-39	8.7	57.1	70.8	94.9	121.4	153.4	194.8	219.5
40-49	6.9	61.2	71.3	94.8	121.3	150.0	182.6	209.5
50-59	5.2	59.1	69.9	92.5	122.6	149.1	175.5	200.3
60-69	4.2	54.0	65.4	91.5	116.3	143.9	172.2	191.5
70 and over	4.8	52.8	63.4	82.9	107.6	139.0	167.9	184.6
20 and over	36.8	57.6	68.9	92.7	119.5	148.9	184.1	210.8
All individuals	100.0	64.9	79.7	106.3	141.5	192.4	257.7	310.3

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin A (µg RE)						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	93.4	113.4	141.5	179.1	255.9	354.7	447.3
1-2	3.1	59.7	75.2	104.2	150.2	216.5	302.3	365.9
3-5	4.7	48.1	64.3	95.7	138.6	200.3	290.9	381.0
5 and under	8.9	56.4	71.7	103.4	149.7	213.8	309.0	389.5
Males:								
6-11	4.6	40.1	52.1	77.1	117.7	171.0	243.6	306.1
12-19	5.8	19.3	30.2	50.9	78.2	129.9	192.1	244.5
20-29	7.3	17.0	24.4	39.7	69.7	109.7	173.9	247.3
30-39	8.2	21.0	27.7	46.8	78.6	128.4	212.8	277.6
40-49	6.9	21.2	27.9	49.8	85.2	137.4	209.6	279.0
50-59	4.6	20.0	30.2	50.0	86.0	138.2	219.7	284.3
60-69	3.4	24.6	33.9	54.3	96.4	151.1	244.6	306.3
70 and over	3.3	23.8	33.9	56.1	95.7	155.9	237.6	328.8
20 and over	33.9	20.3	28.2	47.4	81.0	134.0	212.3	281.8
Females:								
6-11	4.4	33.8	44.2	68.1	99.7	148.7	230.5	285.1
12-19	5.6	16.4	24.0	42.5	69.7	118.4	178.7	252.7
20-29	7.0	19.9	24.2	41.6	71.6	120.7	197.5	269.6
30-39	8.7	19.5	27.1	42.7	78.7	132.0	224.1	278.2
40-49	6.9	20.3	27.8	46.1	80.4	137.4	214.3	265.5
50-59	5.2	23.3	32.4	54.2	88.0	152.0	241.6	293.2
60-69	4.2	21.9	32.7	54.4	91.2	150.2	238.4	303.2
70 and over	4.8	27.0	37.8	59.5	97.7	151.2	246.4	342.3
20 and over	36.8	21.0	28.3	47.7	82.1	138.5	226.7	293.7
All individuals	100.0	21.7	30.5	51.9	88.4	146.8	229.2	299.3

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin E						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	84.8	161.4	232.5	317.3	426.8	564.3	619.9
1-2	3.1	29.1	36.1	49.0	66.0	88.0	128.9	155.8
3-5	4.7	32.1	39.2	54.0	71.0	95.8	124.6	152.2
5 and under	8.9	31.6	39.0	54.0	74.3	111.0	242.1	372.6
Males:								
6-11	4.6	35.3	44.4	59.0	82.2	107.5	145.4	161.4
12-19	5.8	33.4	40.9	57.1	81.4	113.8	148.8	173.4
20-29	7.3	27.0	37.8	56.2	84.5	116.0	160.2	182.6
30-39	8.2	34.5	43.4	62.5	87.8	123.7	171.2	215.0
40-49	6.9	29.5	38.6	57.5	85.9	121.2	163.9	189.2
50-59	4.6	27.4	41.2	56.6	80.8	116.3	156.1	194.4
60-69	3.4	30.0	40.8	56.2	77.0	106.8	144.4	175.0
70 and over	3.3	23.7	33.0	48.1	70.8	95.3	139.7	167.1
20 and over	33.9	29.9	39.6	56.6	82.5	116.1	159.6	197.3
Females:								
6-11	4.4	36.6	46.3	60.6	76.3	100.8	127.6	151.1
12-19	5.6	27.5	36.8	52.5	74.5	99.0	129.9	151.2
20-29	7.0	27.2	33.7	51.5	72.6	101.6	147.5	191.1
30-39	8.7	27.3	36.9	52.0	74.9	105.6	142.8	178.1
40-49	6.9	30.1	36.7	55.3	79.2	106.7	143.4	176.3
50-59	5.2	27.4	35.7	53.6	76.8	109.3	143.8	171.5
60-69	4.2	27.9	37.1	50.2	74.2	99.9	128.6	163.0
70 and over	4.8	25.7	32.5	48.5	69.9	92.0	129.2	161.8
20 and over	36.8	27.5	35.7	51.8	74.5	103.3	141.0	176.3
All individuals	100.0	29.5	38.3	54.5	78.0	108.8	150.9	190.3

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin C						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	138.2	168.8	217.2	302.5	396.5	512.5	625.5
1-2	3.1	49.5	64.9	119.1	197.7	313.2	462.7	560.4
3-5	4.7	43.9	64.5	110.8	174.6	272.6	400.9	515.0
5 and under	8.9	48.6	70.2	121.5	197.7	309.5	452.0	551.5
Males:								
6-11	4.6	43.8	61.4	106.1	176.3	280.8	406.1	494.0
12-19	5.8	27.7	39.2	79.4	156.4	269.0	413.6	547.4
20-29	7.3	20.0	34.1	64.6	128.9	253.0	403.9	514.5
30-39	8.2	28.4	40.2	65.7	126.9	227.4	406.8	501.8
40-49	6.9	21.2	34.5	60.5	121.8	218.8	344.9	431.9
50-59	4.6	25.2	38.2	71.8	128.2	238.2	359.9	458.6
60-69	3.4	25.5	41.4	76.8	142.4	232.4	362.5	443.0
70 and over	3.3	22.4	37.5	75.2	139.6	237.8	324.3	423.0
20 and over	33.9	24.2	37.0	66.6	129.7	234.0	368.6	472.2
Females:								
6-11	4.4	41.6	56.9	98.5	166.2	262.7	371.1	462.2
12-19	5.6	20.0	32.4	65.4	117.0	217.8	346.5	468.6
20-29	7.0	16.5	27.9	58.4	113.8	192.7	300.0	381.1
30-39	8.7	19.7	28.3	53.8	99.7	182.2	275.4	346.2
40-49	6.9	18.3	27.8	57.5	109.7	184.2	290.0	377.2
50-59	5.2	24.7	35.5	63.4	122.6	200.1	294.5	368.0
60-69	4.2	22.6	33.1	68.1	122.0	200.3	294.6	379.0
70 and over	4.8	31.6	39.5	72.1	138.3	214.7	281.4	334.5
20 and over	36.8	21.5	31.1	60.0	113.2	195.5	288.7	371.0
All individuals	100.0	24.6	37.0	70.1	134.1	230.1	355.3	453.1

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Thiamin						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	105.6	122.0	169.9	231.4	305.3	411.2	489.5
1-2	3.1	76.3	89.5	115.0	145.8	187.7	239.4	270.5
3-5	4.7	78.3	94.3	119.9	149.3	183.3	232.3	271.6
5 and under	8.9	79.4	94.3	121.0	153.7	198.4	263.5	313.3
Males:								
6-11	4.6	83.8	99.6	124.2	157.3	193.7	251.4	287.7
12-19	5.8	62.0	76.9	101.3	135.2	179.2	227.3	245.6
20-29	7.3	49.6	62.2	88.6	119.8	154.9	205.6	229.6
30-39	8.2	56.6	71.2	88.2	122.3	161.8	220.2	264.8
40-49	6.9	50.6	63.7	86.4	118.3	155.0	191.7	223.4
50-59	4.6	60.1	76.7	102.4	135.5	178.1	221.3	257.7
60-69	3.4	67.9	80.0	103.3	139.5	179.7	222.4	254.7
70 and over	3.3	59.2	71.1	97.3	125.5	159.7	209.0	238.8
20 and over	33.9	53.8	68.2	92.0	124.6	162.9	211.7	245.3
Females:								
6-11	4.4	75.2	85.2	105.6	135.8	168.8	213.1	239.4
12-19	5.6	51.0	63.8	91.5	121.6	152.7	192.7	230.8
20-29	7.0	46.2	57.5	81.9	111.0	144.7	180.7	219.4
30-39	8.7	45.8	60.6	84.7	113.0	146.5	190.3	226.2
40-49	6.9	51.4	60.9	81.5	107.8	140.8	184.5	214.3
50-59	5.2	59.1	70.7	91.3	119.1	154.7	189.5	217.3
60-69	4.2	51.5	65.3	87.7	118.8	150.1	193.5	214.6
70 and over	4.8	55.1	65.7	87.7	117.1	147.9	187.6	210.2
20 and over	36.8	51.4	62.7	85.5	113.5	147.8	188.1	217.2
All individuals	100.0	55.9	68.7	93.1	125.1	163.2	211.1	245.6

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Riboflavin						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	124.2	144.6	208.7	251.1	317.9	456.6	502.2
1-2	3.1	99.9	118.0	153.0	197.5	251.4	311.4	341.0
3-5	4.7	85.7	99.6	127.5	165.4	212.2	268.3	304.0
5 and under	8.9	92.4	107.5	141.4	185.2	241.9	306.6	349.5
Males:								
6-11	4.6	89.3	103.2	130.5	170.5	211.4	262.1	312.0
12-19	5.8	58.1	73.5	102.0	134.4	189.1	239.6	284.1
20-29	7.3	51.1	65.8	85.3	115.9	165.1	210.9	236.5
30-39	8.2	55.7	65.4	90.6	124.4	164.6	216.1	275.8
40-49	6.9	52.3	63.1	88.6	118.1	156.5	201.4	228.3
50-59	4.6	61.6	75.1	98.6	131.5	171.8	223.2	259.9
60-69	3.4	66.1	79.3	103.5	138.2	184.3	232.8	266.5
70 and over	3.3	58.4	75.9	99.7	129.5	165.9	215.0	246.0
20 and over	33.9	55.4	67.9	91.7	124.3	166.0	215.5	250.9
Females:								
6-11	4.4	74.8	85.0	115.2	148.8	188.0	226.5	260.8
12-19	5.6	44.1	58.7	86.5	119.1	162.7	209.5	240.3
20-29	7.0	43.5	55.3	78.6	109.1	147.8	184.6	207.4
30-39	8.7	48.0	59.7	82.8	109.4	144.4	184.4	221.1
40-49	6.9	50.5	58.4	78.9	105.9	138.2	184.5	224.6
50-59	5.2	54.8	66.5	86.7	118.0	150.6	189.2	209.5
60-69	4.2	50.0	59.7	84.9	118.1	152.0	185.9	212.9
70 and over	4.8	54.7	65.5	89.5	116.4	158.0	193.9	227.1
20 and over	36.8	49.7	60.9	82.9	111.8	147.7	186.5	218.3
All individuals	100.0	54.6	67.9	92.8	126.8	172.3	224.5	263.0

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Niacin						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	86.1	102.9	129.5	163.5	232.8	286.7	333.9
1-2	3.1	54.6	67.5	93.8	130.1	172.8	218.5	250.3
3-5	4.7	68.9	81.5	104.9	137.3	172.1	217.7	251.5
5 and under	8.9	62.7	77.4	103.8	138.3	178.3	232.9	263.5
Males:								
6-11	4.6	75.8	89.5	116.5	148.0	182.0	229.9	268.5
12-19	5.8	65.1	77.7	101.4	137.4	177.7	221.6	250.3
20-29	7.3	57.5	75.7	102.6	140.9	186.7	236.4	272.5
30-39	8.2	67.1	83.4	111.4	143.8	188.4	249.6	301.4
40-49	6.9	66.9	80.0	102.6	133.5	174.5	215.7	255.4
50-59	4.6	74.9	88.1	119.7	160.4	209.3	266.6	306.6
60-69	3.4	77.4	92.8	123.4	155.8	206.3	247.2	295.9
70 and over	3.3	59.2	75.7	105.0	136.8	176.4	219.3	253.4
20 and over	33.9	66.2	80.5	108.7	143.8	189.4	240.9	279.6
Females:								
6-11	4.4	66.1	75.8	97.4	122.6	161.7	195.9	221.2
12-19	5.6	51.2	62.1	86.5	113.9	150.8	187.5	212.8
20-29	7.0	54.7	63.7	87.2	115.1	153.4	189.0	214.3
30-39	8.7	54.7	65.6	86.9	117.8	153.6	198.3	223.7
40-49	6.9	58.9	68.6	89.0	115.1	146.0	192.0	224.6
50-59	5.2	62.2	73.8	100.4	135.6	171.2	203.9	231.1
60-69	4.2	56.2	70.8	97.6	130.3	166.7	198.3	226.3
70 and over	4.8	54.8	68.1	92.3	122.5	162.9	206.4	228.9
20 and over	36.8	56.5	68.1	91.0	121.3	158.7	198.6	224.4
All individuals	100.0	60.4	73.3	98.6	132.2	172.7	219.3	253.8

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin B-6						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	72.7	80.2	101.8	126.6	168.5	223.1	257.7
1-2	3.1	53.7	64.9	87.1	117.5	154.0	195.3	226.4
3-5	4.7	60.0	72.7	94.7	123.9	159.5	199.6	236.4
5 and under	8.9	58.8	70.6	93.4	121.9	159.3	200.0	236.0
Males:								
6-11	4.6	54.3	68.7	90.0	119.6	156.4	199.4	240.5
12-19	5.8	41.4	53.8	74.3	103.7	141.4	180.3	215.5
20-29	7.3	39.2	49.6	68.1	99.0	137.0	171.0	206.4
30-39	8.2	42.1	51.8	74.1	101.3	137.3	187.8	222.5
40-49	6.9	39.6	51.4	67.4	94.9	130.0	166.6	189.4
50-59	4.6	38.4	47.6	71.5	97.5	127.8	159.6	198.5
60-69	3.4	43.2	53.6	72.1	96.0	124.8	159.0	189.0
70 and over	3.3	32.4	42.3	64.4	89.4	119.6	151.9	170.3
20 and over	33.9	39.8	50.4	69.5	97.5	131.6	168.7	202.4
Females:								
6-11	4.4	50.3	58.6	78.9	103.5	136.2	171.3	200.7
12-19	5.6	35.5	44.6	65.9	90.7	121.1	162.5	191.1
20-29	7.0	34.4	41.6	59.4	84.1	112.5	145.7	171.7
30-39	8.7	34.0	43.0	59.7	84.0	117.4	145.5	167.2
40-49	6.9	34.5	43.6	61.2	80.3	108.7	142.8	174.6
50-59	5.2	34.3	44.9	64.3	87.6	115.2	142.7	166.4
60-69	4.2	35.4	43.7	63.8	85.9	109.8	140.8	167.3
70 and over	4.8	33.0	42.2	61.5	87.1	119.5	152.1	172.9
20 and over	36.8	34.5	43.1	61.1	84.4	114.5	145.6	170.7
All individuals	100.0	39.2	49.1	68.4	95.8	129.4	167.7	198.4

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Folate						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	187.7	215.2	285.6	377.4	458.0	575.7	728.8
1-2	3.1	131.9	164.5	227.9	316.6	434.3	574.2	682.2
3-5	4.7	123.7	148.9	203.6	291.6	396.9	534.6	645.4
5 and under	8.9	130.0	156.3	220.2	311.5	419.9	557.3	677.2
Males:								
6-11	4.6	98.5	116.5	159.3	237.3	326.6	461.7	583.0
12-19	5.8	51.6	65.9	96.2	141.0	214.1	310.3	374.5
20-29	7.3	43.4	55.2	82.9	120.0	194.2	267.5	312.8
30-39	8.2	50.0	61.2	91.5	129.6	189.8	261.1	317.9
40-49	6.9	46.4	63.3	87.0	124.3	180.7	238.9	298.0
50-59	4.6	46.0	59.0	88.7	128.2	181.1	250.9	313.8
60-69	3.4	52.5	62.9	88.2	125.6	179.8	248.1	312.2
70 and over	3.3	42.9	55.8	86.1	122.4	175.9	233.2	276.4
20 and over	33.9	46.4	59.3	87.1	125.4	184.1	254.9	308.5
Females:								
6-11	4.4	82.9	100.1	141.0	200.0	284.9	384.2	471.6
12-19	5.6	41.3	51.1	76.7	114.3	165.9	221.0	277.0
20-29	7.0	30.0	42.3	66.6	102.6	149.1	202.8	260.1
30-39	8.7	36.5	48.0	64.7	102.5	148.2	206.4	252.6
40-49	6.9	38.9	49.1	70.4	105.7	148.4	197.0	240.1
50-59	5.2	42.4	51.4	73.0	105.2	153.8	208.6	242.5
60-69	4.2	39.8	52.1	76.3	106.1	145.0	200.2	230.8
70 and over	4.8	42.2	51.7	77.9	110.2	159.1	217.8	255.0
20 and over	36.8	37.9	48.9	70.1	105.4	150.3	205.0	251.7
All individuals	100.0	45.0	57.4	86.3	130.3	203.1	307.2	390.9

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin B-12						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	226.6	273.7	352.8	492.8	649.1	854.6	1003.0
1-2	3.1	173.2	210.7	292.4	416.0	553.8	710.5	853.8
3-5	4.7	132.8	164.8	238.9	338.2	462.6	614.6	730.5
5 and under	8.9	150.4	184.5	269.5	375.8	519.0	686.9	836.2
Males:								
6-11	4.6	113.3	137.7	191.5	276.8	376.9	527.0	660.6
12-19	5.8	85.5	108.7	163.1	247.5	340.6	485.6	645.6
20-29	7.3	64.6	90.9	147.2	229.3	340.0	463.8	606.5
30-39	8.2	69.2	96.4	153.1	256.8	375.6	605.1	848.0
40-49	6.9	65.5	90.8	145.4	231.8	341.6	480.3	592.6
50-59	4.6	66.9	94.5	145.4	219.8	328.5	553.3	744.0
60-69	3.4	66.7	88.1	140.0	218.3	322.0	495.5	750.7
70 and over	3.3	56.4	81.5	129.8	192.7	281.5	442.4	589.2
20 and over	33.9	66.0	91.4	144.8	229.5	341.1	497.1	684.9
Females:								
6-11	4.4	93.6	118.2	162.2	233.9	328.4	457.8	545.7
12-19	5.6	40.5	59.0	97.3	155.4	230.5	311.3	439.1
20-29	7.0	32.0	51.6	93.0	144.7	215.8	302.1	380.0
30-39	8.7	38.5	57.6	93.8	153.9	236.4	334.5	402.6
40-49	6.9	38.4	54.5	90.4	143.8	213.2	309.7	423.9
50-59	5.2	40.9	61.3	88.4	145.3	215.0	304.7	455.1
60-69	4.2	43.2	54.8	90.2	143.8	216.6	316.4	427.8
70 and over	4.8	35.9	53.8	91.6	140.9	213.3	335.8	473.5
20 and over	36.8	38.4	55.4	91.5	146.6	220.1	319.8	422.7
All individuals	100.0	52.6	75.9	124.3	200.7	314.7	476.4	622.5

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Calcium						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	62.9	75.1	93.9	125.7	164.7	207.3	229.6
1-2	3.1	39.8	48.2	68.8	98.2	129.5	165.9	194.1
3-5	4.7	39.9	47.6	69.5	92.7	121.4	154.1	176.6
5 and under	8.9	40.9	49.9	71.8	98.1	129.5	167.0	194.3
Males:								
6-11	4.6	44.6	55.0	76.1	106.5	143.8	175.6	197.6
12-19	5.8	30.7	39.4	57.8	85.8	115.3	166.2	195.1
20-29	7.3	30.1	37.3	54.9	86.4	120.5	174.1	208.8
30-39	8.2	38.1	51.1	70.6	104.4	149.3	205.3	268.6
40-49	6.9	35.7	43.7	67.7	97.0	137.6	187.8	220.3
50-59	4.6	35.4	43.6	60.4	85.9	121.3	163.6	192.8
60-69	3.4	35.2	43.4	63.1	89.4	126.3	157.4	183.9
70 and over	3.3	34.4	42.6	59.1	85.6	117.0	155.3	172.9
20 and over	33.9	34.7	43.5	63.4	92.9	130.6	179.8	213.5
Females:								
6-11	4.4	36.9	48.1	67.0	92.0	121.6	157.3	183.4
12-19	5.6	17.6	23.7	37.1	54.7	80.6	110.3	126.7
20-29	7.0	17.9	26.4	41.1	64.5	88.0	113.3	138.7
30-39	8.7	27.2	33.4	51.1	72.0	100.7	129.8	165.6
40-49	6.9	25.0	31.7	46.9	69.8	98.0	129.2	148.3
50-59	5.2	27.9	33.6	48.7	71.4	96.3	125.7	146.5
60-69	4.2	23.4	30.2	45.9	65.6	95.4	125.8	140.6
70 and over	4.8	25.5	34.0	46.7	67.3	95.0	130.2	146.0
20 and over	36.8	24.5	31.3	46.9	68.0	95.7	126.2	146.4
All individuals	100.0	28.6	37.0	54.9	81.0	115.5	155.3	187.0

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Phosphorus						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	59.7	70.7	98.0	119.7	157.1	200.1	218.2
1-2	3.1	56.3	68.3	88.2	113.6	141.5	170.0	192.2
3-5	4.7	63.4	75.1	95.8	120.9	146.9	179.3	200.4
5 and under	8.9	60.6	72.2	93.9	118.2	146.8	179.4	204.7
Males:								
6-11	4.6	75.5	84.3	107.7	143.3	178.8	210.6	239.4
12-19	5.8	61.8	77.8	96.2	123.5	161.2	208.4	244.9
20-29	7.3	65.0	78.6	107.2	148.8	197.3	263.6	302.4
30-39	8.2	85.9	104.5	139.3	185.6	236.2	293.6	351.6
40-49	6.9	83.7	99.9	134.3	170.9	223.8	276.1	305.8
50-59	4.6	80.6	96.5	124.8	163.6	208.0	253.9	291.6
60-69	3.4	79.8	94.8	120.8	158.9	199.5	236.9	269.1
70 and over	3.3	67.6	82.5	113.3	142.7	180.4	219.8	239.4
20 and over	33.9	76.5	92.5	123.4	163.6	213.1	265.7	304.4
Females:								
6-11	4.4	65.1	76.8	95.5	123.5	153.7	190.6	211.4
12-19	5.6	41.1	47.2	62.3	85.1	107.8	142.0	155.5
20-29	7.0	38.9	52.3	72.2	102.1	134.3	164.7	184.3
30-39	8.7	52.9	69.6	94.2	125.2	149.5	185.8	222.6
40-49	6.9	58.6	70.5	91.3	118.1	149.7	188.1	208.9
50-59	5.2	59.7	70.2	93.9	121.3	147.1	178.2	206.8
60-69	4.2	53.3	63.6	87.7	115.9	140.8	173.2	191.8
70 and over	4.8	53.7	63.8	82.9	112.3	140.5	176.7	198.2
20 and over	36.8	51.5	64.3	87.0	116.4	144.2	178.2	202.6
All individuals	100.0	58.2	70.9	96.1	129.0	170.1	219.7	256.4

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Magnesium						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	91.5	109.0	133.0	178.9	235.9	298.6	352.6
1-2	3.1	115.0	135.9	176.4	219.3	273.0	322.6	374.0
3-5	4.7	91.2	105.8	136.3	177.3	225.9	288.0	326.0
5 and under	8.9	97.2	114.0	145.2	191.2	246.8	307.0	343.2
Males:								
6-11	4.6	67.6	77.1	101.1	130.7	170.5	215.1	242.9
12-19	5.8	37.5	44.3	61.2	84.9	111.0	141.7	156.4
20-29	7.3	34.9	44.2	61.2	82.5	111.3	144.9	160.8
30-39	8.2	43.4	52.0	68.1	89.7	117.4	151.7	180.5
40-49	6.9	40.8	50.2	66.0	88.4	115.2	141.9	163.4
50-59	4.6	37.6	48.1	65.3	86.2	108.4	134.4	152.7
60-69	3.4	41.2	49.7	63.8	82.7	105.8	128.4	146.0
70 and over	3.3	36.8	42.7	58.7	75.5	95.3	122.9	145.3
20 and over	33.9	39.4	48.0	64.4	84.8	111.3	141.9	161.0
Females:								
6-11	4.4	56.7	70.2	89.9	116.6	149.3	185.3	209.2
12-19	5.6	30.8	38.0	51.2	67.9	89.9	114.0	129.2
20-29	7.0	36.2	43.5	56.1	72.5	94.4	124.2	136.3
30-39	8.7	33.7	42.0	59.0	76.8	99.6	124.8	140.1
40-49	6.9	38.6	46.2	60.9	78.0	101.1	120.8	138.8
50-59	5.2	41.9	49.6	63.6	80.7	101.7	124.1	142.1
60-69	4.2	36.6	43.5	59.0	78.7	97.7	116.7	127.4
70 and over	4.8	34.7	43.6	57.8	76.7	97.9	120.7	137.5
20 and over	36.8	36.7	44.3	59.0	77.5	99.2	122.6	138.6
All individuals	100.0	39.1	47.7	64.2	87.3	119.7	166.4	207.5

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Iron						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	61.6	90.3	133.3	185.0	246.2	342.6	380.4
1-2	3.1	41.2	51.8	68.9	93.0	130.8	173.9	202.3
3-5	4.7	55.7	66.2	86.9	111.3	142.9	189.1	218.7
5 and under	8.9	50.6	60.7	81.0	110.6	153.7	204.8	255.9
Males:								
6-11	4.6	72.8	82.6	105.9	139.1	177.3	243.7	281.3
12-19	5.8	68.4	85.3	109.7	138.6	190.9	258.1	318.6
20-29	7.3	74.8	94.0	119.3	166.7	223.1	302.5	352.2
30-39	8.2	82.4	99.1	124.7	168.5	228.2	322.9	393.6
40-49	6.9	75.9	87.4	121.7	160.4	222.0	278.6	336.9
50-59	4.6	70.9	87.4	118.6	153.7	208.6	275.3	318.8
60-69	3.4	76.8	89.9	118.3	154.6	208.5	279.3	348.0
70 and over	3.3	65.0	76.3	105.4	146.3	194.0	257.3	323.2
20 and over	33.9	74.0	90.3	119.5	160.1	217.2	289.3	351.5
Females:								
6-11	4.4	55.3	67.5	87.6	110.3	148.2	192.7	232.1
12-19	5.6	36.0	44.5	58.7	80.1	103.1	138.3	167.1
20-29	7.0	31.6	38.5	55.0	77.4	101.0	146.2	165.7
30-39	8.7	32.5	41.3	56.1	75.2	102.6	135.4	166.1
40-49	6.9	36.5	43.2	56.5	74.4	95.8	134.0	161.5
50-59	5.2	51.4	61.8	80.2	105.3	144.1	180.1	221.0
60-69	4.2	49.8	61.2	81.0	109.3	145.7	184.3	210.1
70 and over	4.8	48.4	58.6	82.7	111.4	151.9	199.3	225.5
20 and over	36.8	37.0	45.5	62.1	87.2	120.2	163.5	195.3
All individuals	100.0	45.6	56.8	80.4	117.0	168.4	233.0	284.3

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Zinc						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	Percent	*Percent of RDA*						
Males and females:								
Under 1	1.1	66.1	79.3	96.2	119.5	148.7	196.0	232.8
1-2	3.1	34.0	40.7	51.5	66.3	86.1	111.3	131.4
3-5	4.7	41.0	47.3	59.6	77.8	100.4	128.3	146.4
5 and under	8.9	38.9	45.6	58.2	77.5	104.0	134.8	161.1
Males:								
6-11	4.6	47.1	55.7	71.2	95.4	121.3	158.6	190.1
12-19	5.8	39.5	49.0	66.3	84.9	115.1	145.6	176.6
20-29	7.3	36.4	47.3	62.8	83.8	114.3	147.5	170.4
30-39	8.2	36.2	43.7	65.5	92.2	121.9	161.1	218.8
40-49	6.9	36.1	44.1	61.4	82.7	109.1	141.9	161.0
50-59	4.6	36.0	42.9	57.0	80.6	104.3	140.5	158.9
60-69	3.4	34.4	41.8	53.8	75.9	98.2	129.8	150.4
70 and over	3.3	27.2	35.2	48.4	65.6	85.4	109.4	131.0
20 and over	33.9	34.7	43.0	59.0	82.4	110.4	143.1	169.9
Females:								
6-11	4.4	42.1	48.0	61.3	81.9	105.3	142.6	160.3
12-19	5.6	31.6	38.4	51.3	73.8	97.8	128.1	149.6
20-29	7.0	30.5	35.1	51.4	68.4	90.9	120.4	140.5
30-39	8.7	29.8	36.9	51.3	71.3	93.1	121.4	142.3
40-49	6.9	29.4	37.4	51.6	69.4	91.3	118.6	145.6
50-59	5.2	31.1	38.1	50.8	65.7	88.1	109.3	126.6
60-69	4.2	28.1	34.1	47.9	64.9	85.2	106.9	122.3
70 and over	4.8	27.3	33.1	46.7	64.2	83.4	106.9	127.9
20 and over	36.8	29.8	36.2	50.3	67.5	89.3	115.7	136.1
All individuals	100.0	33.2	40.8	55.7	76.2	102.1	133.7	158.3

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 4.--Nutrient intakes: Mean percentages of food energy from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	Percent	*Percent of kilocalories*						
Males and females:								
Under 1	1.1	9.9	39.7	16.7	12.0	8.6	50.8	† *
1-2	3.1	15.0	32.2	13.3	11.7	4.9	54.2	*
3-5	4.7	14.2	32.4	12.2	12.3	5.4	55.0	*
5 and under	8.9	13.9	33.2	13.2	12.1	5.6	54.2	*
Males:								
6-11	4.6	14.0	32.5	12.0	12.6	5.5	54.8	*
12-19	5.8	14.4	33.1	11.7	13.0	5.9	53.2	† .4
20-29	7.3	15.2	32.4	11.1	12.6	6.2	49.8	3.4
30-39	8.3	15.9	34.0	11.5	13.0	6.7	48.8	2.4
40-49	7.0	16.0	33.1	11.0	12.9	6.6	49.2	2.8
50-59	4.6	16.3	33.8	11.0	13.1	7.1	48.7	2.5
60-69	3.4	16.6	33.5	11.0	12.8	6.9	49.3	2.1
70 and over	3.4	16.3	33.0	11.0	12.7	6.6	50.9	1.6
20 and over	33.9	16.0	33.3	11.2	12.9	6.6	49.3	2.6
Females:								
6-11	4.4	14.0	32.6	12.0	12.6	5.7	54.9	*
12-19	5.6	14.0	32.2	11.3	12.3	6.0	55.0	† .2
20-29	7.0	14.7	31.8	10.8	12.1	6.5	53.0	1.9
30-39	8.8	15.7	32.4	10.9	12.3	6.7	51.8	1.5
40-49	6.9	15.6	33.4	11.0	12.5	7.3	51.1	1.4
50-59	5.2	16.5	32.4	10.5	12.2	7.1	51.2	1.6
60-69	4.1	16.7	32.6	10.6	12.3	7.1	51.2	1.3
70 and over	4.9	16.7	31.4	10.2	11.9	6.6	53.3	.5
20 and over	36.8	15.9	32.4	10.7	12.2	6.8	51.9	1.4
All individuals	100.0	15.4	32.8	11.3	12.5	6.4	51.8	1.4

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 5.--Nutrient intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
	Percent	*Percent of individuals*		
Males and females:				
Under 1	1.1	8.4	† 2.9	† 97.4
1-2	3.1	35.1	18.5	84.8
3-5	4.7	32.5	23.0	87.5
5 and under	8.9	30.4	18.9	87.8
Males:				
6-11	4.6	30.3	24.9	80.1
12-19	5.8	30.3	27.5	55.8
20-29	7.3	29.3	34.1	53.1
30-39	8.2	28.1	30.7	52.6
40-49	6.9	27.4	31.7	53.5
50-59	4.6	28.0	35.2	54.2
60-69	3.4	33.9	42.1	58.1
70 and over	3.3	34.4	41.6	67.1
20 and over	33.9	29.4	34.5	55.1
Females:				
6-11	4.4	33.9	23.2	85.4
12-19	5.6	35.3	33.5	80.7
20-29	7.0	40.1	42.3	77.0
30-39	8.7	35.9	39.7	80.9
40-49	6.9	30.5	38.5	76.0
50-59	5.2	36.5	46.0	80.7
60-69	4.2	38.0	46.1	78.7
70 and over	4.8	42.2	47.9	84.5
20 and over	36.8	36.8	42.7	79.4
All individuals	100.0	32.9	34.7	70.9

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Individuals eating breakfast	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	Percent	*Percent*							
Males and females:									
Under 1	1.1	58.3	13.2	13.2	12.4	12.1	12.4	13.0	13.2
1-2	3.1	96.9	21.9	21.4	20.6	22.0	19.6	19.9	28.2
3-5	4.7	96.5	21.7	20.9	18.1	20.0	16.9	16.7	23.3
5 and under	8.9	91.8	20.7	20.1	18.2	19.7	17.2	17.3	23.9
Males:									
6-11	4.6	92.9	19.9	19.0	16.2	17.9	15.0	15.2	21.0
12-19	5.8	78.4	17.7	16.6	15.7	16.9	15.1	15.4	20.2
20-29	7.3	71.7	14.2	12.7	13.0	14.0	12.7	12.1	15.9
30-39	8.3	83.4	15.5	13.5	14.2	15.1	14.1	13.6	17.4
40-49	7.0	83.2	16.3	14.2	15.1	16.0	15.0	14.4	17.5
50-59	4.6	87.6	18.2	15.9	16.7	17.3	16.6	16.4	19.1
60-69	3.4	93.4	20.9	17.8	17.9	19.1	17.7	17.0	21.4
70 and over	3.4	96.4	23.8	20.5	20.2	21.0	19.7	20.1	21.7
20 and over	33.9	83.7	17.1	14.9	15.4	16.3	15.2	14.8	18.1
Females:									
6-11	4.4	91.6	19.5	18.4	16.3	18.0	15.4	15.3	21.1
12-19	5.6	74.6	16.2	15.4	13.7	14.6	13.1	13.2	17.3
20-29	7.0	75.1	16.0	14.8	13.7	15.2	13.2	12.5	16.9
30-39	8.8	83.6	16.9	14.8	14.6	15.6	14.1	13.9	16.8
40-49	6.9	87.4	16.9	15.0	13.8	15.1	13.4	12.9	16.9
50-59	5.2	90.3	19.1	16.3	16.0	17.0	15.5	15.4	15.8
60-69	4.1	92.8	19.9	17.0	16.1	17.2	15.7	15.3	18.1
70 and over	4.9	95.7	23.0	19.0	17.4	18.5	16.6	17.4	17.9
20 and over	36.8	86.2	18.2	15.9	15.0	16.2	14.5	14.3	17.0
All individuals	100.0	85.3	18.0	16.2	15.5	16.7	15.0	14.8	18.6

Note: Excludes breast-fed children.

Continued

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
	Percent						
Males and females:							
Under 1	13.5	19.2	10.8	11.0	11.9	12.2	20.8
1-2	23.1	21.2	35.9	13.7	20.2	27.1	32.0
3-5	24.0	20.2	40.5	14.6	18.0	29.6	33.7
5 and under	22.4	20.4	35.2	13.9	18.0	26.6	31.5
Males:							
6-11	22.6	18.9	39.8	14.1	17.3	29.4	32.5
12-19	19.4	16.7	32.6	14.6	17.5	26.0	26.1
20-29	16.3	14.4	23.5	12.2	14.3	21.8	19.8
30-39	18.0	14.5	22.6	8.5	16.0	17.6	21.3
40-49	18.8	15.8	23.6	11.5	17.2	20.0	21.6
50-59	21.4	18.0	25.8	10.9	19.3	21.9	24.4
60-69	24.7	20.7	27.4	11.4	20.9	26.8	28.0
70 and over	28.1	24.8	32.1	14.7	24.1	31.4	32.4
20 and over	19.9	16.9	24.9	11.2	17.7	21.9	23.2
Females:							
6-11	22.0	17.7	36.3	13.5	16.4	27.5	30.2
12-19	18.2	15.0	27.9	12.7	15.2	23.5	25.0
20-29	18.4	15.6	25.3	11.5	14.6	22.3	22.8
30-39	19.9	15.8	23.1	9.8	16.3	17.6	22.7
40-49	20.3	16.5	22.2	10.4	15.5	19.1	22.1
50-59	22.9	19.3	23.6	10.1	17.3	21.7	25.2
60-69	23.8	20.1	25.2	12.4	18.8	25.3	25.8
70 and over	28.4	25.2	29.3	13.1	20.4	31.4	32.0
20 and over	21.7	18.1	24.5	11.0	16.8	22.0	24.5
All individuals	20.9	17.6	27.4	11.9	17.1	23.3	25.4

Note: Excludes breast-fed children.

Continued

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Percent						
Males and females:							
Under 1	19.2	19.1	15.5	13.2	12.4	15.2	15.1
1-2	34.0	27.8	33.1	38.6	28.9	28.9	26.7
3-5	36.3	28.6	34.8	40.6	30.2	31.7	27.7
5 and under	33.4	27.1	31.8	36.5	27.5	28.7	25.8
Males:							
6-11	35.3	27.9	34.2	41.1	28.7	29.9	25.7
12-19	28.6	21.4	25.8	31.4	23.9	24.4	21.4
20-29	21.2	15.3	18.6	22.6	16.7	19.4	16.4
30-39	22.9	16.8	17.8	21.8	18.6	20.9	17.4
40-49	22.9	17.7	18.6	23.0	18.9	22.3	18.6
50-59	25.7	19.8	20.7	25.5	20.3	23.8	20.4
60-69	29.8	23.0	25.3	29.1	25.8	27.8	24.0
70 and over	33.5	27.1	30.0	34.7	26.7	30.7	26.6
20 and over	24.7	18.7	20.5	24.7	20.0	22.9	19.4
Females:							
6-11	32.9	25.6	31.7	37.0	27.5	28.5	24.3
12-19	26.5	20.4	23.2	28.9	21.0	23.0	19.8
20-29	24.8	18.6	21.6	25.4	21.9	22.7	18.9
30-39	24.4	18.5	19.0	23.4	20.2	22.8	19.1
40-49	23.6	19.4	19.8	23.1	19.7	22.3	19.1
50-59	25.9	20.6	21.5	25.1	20.7	25.8	21.5
60-69	27.4	22.2	22.8	27.2	21.8	25.6	22.0
70 and over	31.9	26.6	29.2	33.5	26.6	29.6	25.5
20 and over	25.9	20.5	21.8	25.7	21.5	24.3	20.6
All individuals	27.1	21.1	23.6	28.0	22.2	24.6	21.0

Note: Excludes breast-fed children.

Continued

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
Males and females:						
Under 1	15.4	21.3	13.0	12.8	12.5	12.8
1-2	25.3	35.8	27.0	20.2	20.5	23.2
3-5	25.7	35.5	27.8	19.2	20.3	23.9
5 and under	24.3	33.8	25.7	18.7	19.4	22.3
Males:						
6-11	24.0	33.3	25.1	17.8	19.0	22.3
12-19	20.5	25.9	19.6	16.4	16.9	19.8
20-29	16.8	19.1	14.4	13.7	13.2	16.9
30-39	18.4	20.2	15.6	14.5	14.4	17.3
40-49	20.4	21.6	15.9	15.8	15.2	19.9
50-59	22.2	23.7	18.1	17.4	17.1	21.0
60-69	25.9	29.2	21.2	19.5	18.6	23.9
70 and over	29.2	34.3	24.3	22.7	20.8	26.2
20 and over	20.8	23.0	17.2	16.3	15.7	19.8
Females:						
6-11	23.0	31.2	24.0	17.2	18.4	21.7
12-19	18.9	24.2	19.1	15.3	15.5	18.0
20-29	19.2	22.5	17.7	15.4	13.9	19.1
30-39	20.5	21.9	17.4	16.3	14.8	19.2
40-49	22.0	22.1	17.1	16.8	14.4	21.4
50-59	24.3	25.1	19.0	18.7	16.6	22.5
60-69	25.3	27.3	19.9	19.1	17.1	23.6
70 and over	29.5	33.7	23.8	23.5	19.7	26.1
20 and over	22.8	24.7	18.8	17.8	15.7	21.5
All individuals	22.0	25.6	19.4	17.1	16.4	20.7

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Individuals eating snacks	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	Percent	*Percent*							
Males and females:									
Under 1	1.1	49.5	17.5	16.8	18.9	19.2	18.8	18.4	16.6
1-2	3.1	88.9	24.1	18.0	22.5	23.7	22.0	20.0	16.0
3-5	4.7	86.8	21.3	13.9	20.1	20.6	20.0	19.4	13.2
5 and under	8.9	82.9	21.8	15.7	20.8	21.5	20.5	19.5	14.6
Males:									
6-11	4.6	82.7	20.5	13.0	19.3	19.2	19.1	19.3	12.3
12-19	5.8	78.9	19.5	12.6	16.9	17.0	16.8	17.3	11.2
20-29	7.3	73.6	18.2	11.1	14.6	15.2	14.3	14.6	9.7
30-39	8.3	74.1	15.5	8.4	12.5	13.4	12.1	12.0	7.8
40-49	7.0	72.3	15.5	8.9	12.7	13.7	12.8	11.3	8.2
50-59	4.6	73.1	15.4	8.8	12.9	13.7	12.8	12.2	8.0
60-69	3.4	74.6	15.0	8.9	12.9	13.8	12.9	11.7	7.6
70 and over	3.4	66.7	12.2	7.0	10.9	11.3	10.9	10.1	6.7
20 and over	33.9	72.8	15.7	9.0	12.9	13.7	12.8	12.2	8.2
Females:									
6-11	4.4	81.2	19.9	11.9	18.8	19.2	18.6	18.9	12.5
12-19	5.6	76.5	21.2	13.1	19.1	19.6	18.9	18.5	12.9
20-29	7.0	72.3	17.0	10.5	14.3	15.1	14.4	13.1	9.9
30-39	8.8	76.0	16.9	10.0	13.9	14.6	13.8	13.4	8.5
40-49	6.9	76.1	17.1	9.7	15.2	16.0	15.1	14.1	8.7
50-59	5.2	74.7	15.2	9.1	12.6	13.6	12.3	11.6	7.5
60-69	4.1	77.3	15.1	8.4	12.9	13.8	12.7	12.2	8.1
70 and over	4.9	65.2	12.3	6.9	10.9	12.1	10.8	9.5	6.4
20 and over	36.8	73.9	15.9	9.3	13.5	14.4	13.4	12.6	8.3
All individuals	100.0	75.5	17.2	10.5	15.0	15.7	14.8	14.3	9.6

Note: Excludes breast-fed children.

Continued

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
	Percent						
Males and females:							
Under 1	16.8	10.3	16.3	9.4	18.7	17.9	15.3
1-2	26.7	20.3	17.4	16.6	22.3	26.0	19.2
3-5	24.1	20.7	14.4	15.6	20.5	20.8	14.9
5 and under	24.1	19.5	15.7	15.4	20.9	22.2	16.4
Males:							
6-11	23.2	19.3	14.5	15.7	19.0	17.9	14.2
12-19	22.8	17.8	13.2	14.7	18.0	16.8	13.9
20-29	20.3	15.2	12.4	11.8	14.8	15.5	12.5
30-39	18.5	13.2	12.0	9.3	12.5	12.3	10.6
40-49	18.1	12.7	10.7	9.5	11.8	11.3	10.6
50-59	18.2	13.0	9.8	9.4	12.3	12.9	10.6
60-69	17.5	13.3	9.6	8.6	12.0	11.9	10.3
70 and over	13.6	10.0	8.0	8.0	10.5	10.3	7.9
20 and over	18.2	13.2	10.9	9.7	12.6	12.6	10.7
Females:							
6-11	22.7	17.8	14.0	14.2	18.8	16.6	14.0
12-19	24.2	18.6	15.8	16.3	17.9	17.4	14.6
20-29	19.3	14.0	11.9	11.0	13.4	14.4	11.9
30-39	19.9	14.8	12.4	13.0	14.2	15.3	11.9
40-49	20.1	14.7	11.6	11.4	14.4	14.2	11.7
50-59	17.8	13.0	9.8	8.9	12.1	13.8	10.8
60-69	18.2	13.1	10.9	9.0	12.3	13.6	10.5
70 and over	14.6	9.8	8.2	7.6	10.1	11.0	8.5
20 and over	18.7	13.5	11.1	10.6	13.0	14.0	11.1
All individuals	19.9	14.9	12.1	11.7	14.7	14.9	12.1

Note: Excludes breast-fed children.

Continued

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Percent						
Males and females:							
Under 1	16.5	15.0	16.5	17.3	18.8	18.2	17.2
1-2	22.0	14.8	19.4	18.1	19.8	24.9	21.7
3-5	17.2	12.3	15.3	15.3	14.2	18.7	17.0
5 and under	18.7	13.5	16.8	16.5	16.7	20.7	18.6
Males:							
6-11	15.9	12.8	14.0	14.8	11.8	16.8	15.7
12-19	15.4	12.5	13.7	14.9	11.2	16.6	15.4
20-29	15.2	12.2	14.0	15.5	11.3	17.0	15.3
30-39	13.8	9.8	10.9	13.1	8.9	14.7	12.3
40-49	13.4	9.6	10.9	12.2	9.1	15.0	12.5
50-59	13.0	9.3	11.1	11.5	8.8	14.3	12.1
60-69	12.5	9.3	10.7	11.4	8.6	14.8	11.9
70 and over	9.9	6.9	8.0	8.2	7.1	11.8	9.4
20 and over	13.4	9.9	11.3	12.5	9.3	14.9	12.6
Females:							
6-11	15.3	11.8	12.7	13.9	11.6	15.8	14.6
12-19	17.0	12.3	14.5	15.0	13.4	17.9	16.6
20-29	14.9	10.7	12.0	13.1	10.9	15.9	14.2
30-39	14.6	10.7	12.6	14.0	9.6	15.2	13.7
40-49	14.6	10.0	10.8	12.6	9.2	15.9	13.6
50-59	13.5	9.3	10.9	11.8	9.3	14.7	12.3
60-69	13.0	8.5	10.7	11.2	8.8	14.9	11.7
70 and over	10.3	6.7	8.3	8.1	7.6	12.2	9.4
20 and over	13.7	9.6	11.1	12.2	9.4	15.0	12.8
All individuals	14.5	10.6	12.2	13.2	10.5	15.8	13.8

Note: Excludes breast-fed children.

Continued

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
Males and females:						
Under 1	15.6	15.6	17.7	16.8	16.9	17.0
1-2	22.6	16.8	18.0	21.7	16.3	23.6
3-5	19.5	14.2	14.2	20.7	14.1	19.2
5 and under	20.1	15.3	16.0	20.5	15.2	20.5
Males:						
6-11	18.6	14.5	14.1	19.5	14.0	16.8
12-19	18.4	13.9	13.5	19.1	13.4	16.4
20-29	17.7	12.2	12.2	17.2	12.2	15.0
30-39	15.0	10.2	9.8	14.3	9.1	12.8
40-49	14.9	10.3	9.9	14.1	9.1	13.0
50-59	14.5	9.8	9.7	13.8	9.1	13.1
60-69	13.8	9.5	9.5	13.7	8.6	12.5
70 and over	10.4	7.6	7.5	10.3	7.2	9.9
20 and over	14.9	10.3	10.1	14.4	9.5	13.0
Females:						
6-11	17.1	13.8	12.4	18.3	13.6	15.5
12-19	18.8	15.0	14.3	19.3	14.5	17.2
20-29	16.5	11.7	12.2	16.2	10.4	14.7
30-39	16.2	11.9	11.2	16.0	10.4	15.0
40-49	15.9	11.8	11.3	16.0	10.6	14.4
50-59	14.4	10.6	10.7	14.6	9.2	13.7
60-69	13.9	10.4	9.7	13.8	8.9	13.0
70 and over	10.7	7.5	7.8	10.7	6.8	10.5
20 and over	14.9	10.9	10.7	14.9	9.6	13.8
All individuals	16.1	11.8	11.5	16.1	11.0	14.7

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 8A.--Food obtained and eaten away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Individuals eating away	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	Percent	*Percent*							
Males and females:									
Under 1	1.1	16.2	4.1	4.1	3.7	† 3.4	3.8	3.8	† 3.4
1-2	3.1	36.7	13.7	13.8	14.6	13.8	15.3	15.6	13.7
3-5	4.7	54.0	21.8	21.9	23.4	23.4	23.8	22.7	23.1
5 and under	8.9	43.3	16.8	16.9	17.9	17.6	18.4	17.9	17.6
Males:									
6-11	4.6	67.5	27.0	27.1	28.5	29.2	28.7	27.2	27.8
12-19	5.8	72.0	33.2	31.9	34.9	35.5	35.6	33.5	32.8
20-29	7.3	71.2	40.0	39.3	41.2	40.9	41.9	40.8	39.9
30-39	8.3	66.9	31.4	30.7	32.5	32.2	32.8	32.9	31.5
40-49	7.0	66.2	29.6	28.8	31.5	31.3	32.0	31.3	31.2
50-59	4.6	59.1	26.7	26.6	28.4	28.1	28.5	28.8	28.5
60-69	3.4	47.9	20.0	20.6	21.8	21.6	22.1	21.7	22.4
70 and over	3.4	31.3	14.2	14.8	15.6	15.2	15.8	15.8	16.6
20 and over	33.9	61.2	29.4	29.0	30.9	30.6	31.2	30.9	30.4
Females:									
6-11	4.4	66.2	30.5	30.4	31.7	32.6	32.1	29.8	30.4
12-19	5.6	64.3	32.3	31.3	34.1	34.1	34.7	33.5	31.8
20-29	7.0	63.0	34.3	34.2	36.4	36.0	36.7	36.8	35.4
30-39	8.8	56.5	26.6	26.2	28.2	27.9	28.4	28.7	28.2
40-49	6.9	54.6	25.4	25.5	26.6	26.4	26.9	26.8	26.9
50-59	5.2	52.0	23.0	23.7	25.4	25.2	25.6	25.5	25.7
60-69	4.1	39.9	17.6	18.1	19.7	19.5	19.8	19.9	20.1
70 and over	4.9	26.9	12.5	13.1	14.0	13.4	14.4	14.4	14.5
20 and over	36.8	51.0	24.5	24.6	26.2	25.9	26.5	26.5	26.3
All individuals	100.0	57.1	26.8	26.6	28.3	28.2	28.7	28.2	27.9

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

Continued

Table 8A.--Food obtained and eaten away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
	Percent						
Males and females:							
Under 1	4.5	7.5	† 3.7	6.1	† 3.2	† 3.8	4.0
1-2	13.3	14.6	11.0	14.2	14.6	11.5	12.5
3-5	20.9	20.9	17.5	21.9	21.4	17.5	18.9
5 and under	16.3	17.4	13.5	17.6	16.8	13.7	14.9
Males:							
6-11	26.3	27.1	22.3	27.0	26.2	22.6	22.7
12-19	32.7	31.9	26.6	30.9	32.2	28.5	29.3
20-29	38.9	38.6	33.7	38.0	38.5	35.2	36.5
30-39	30.9	29.5	26.7	30.2	31.0	27.6	28.4
40-49	28.4	26.3	24.5	27.4	28.8	23.9	26.6
50-59	25.6	24.7	24.0	26.0	26.7	23.0	25.1
60-69	18.2	17.7	18.2	20.4	20.1	15.2	18.1
70 and over	12.6	12.3	12.1	14.9	14.5	11.3	12.4
20 and over	28.3	27.2	25.1	28.2	28.8	25.0	26.7
Females:							
6-11	30.0	30.2	28.1	31.1	30.0	26.6	27.7
12-19	31.5	31.0	27.1	31.5	32.2	28.0	28.8
20-29	32.5	32.8	30.1	34.6	35.1	30.4	32.0
30-39	25.6	25.3	23.6	25.9	26.9	23.9	24.0
40-49	24.2	23.9	22.4	24.5	25.9	23.2	23.3
50-59	21.2	21.5	20.7	23.0	24.2	19.7	21.4
60-69	15.7	15.1	16.0	18.0	18.1	14.1	16.0
70 and over	11.1	11.4	11.1	12.8	13.0	9.3	10.9
20 and over	23.0	22.9	21.7	24.3	25.1	21.4	22.4
All individuals	25.7	25.4	23.0	26.2	26.7	23.0	24.2

† See "Statistical notes," appendix B.

Continued

Note: Excludes breast-fed children.

Table 8A.--Food obtained and eaten away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Percent						
Males and females:							
Under 1	† 3.8	4.1	4.6	4.3	† 3.2	† 3.2	3.7
1-2	11.3	14.0	12.2	11.9	12.2	11.6	12.8
3-5	18.8	19.9	18.2	17.5	20.5	20.1	21.0
5 and under	14.3	15.9	14.4	13.9	15.5	15.1	16.0
Males:							
6-11	24.0	23.5	22.2	20.9	26.4	27.2	26.4
12-19	29.6	30.4	28.6	28.1	32.1	31.9	31.8
20-29	35.8	38.9	37.1	36.3	38.4	36.7	38.3
30-39	27.8	29.9	28.3	28.3	30.3	28.7	30.3
40-49	26.1	28.4	26.2	25.6	28.8	26.7	28.0
50-59	24.5	26.3	24.7	24.6	26.3	24.6	25.8
60-69	17.9	19.8	18.5	17.6	20.6	17.5	19.2
70 and over	11.9	13.8	12.3	11.4	14.5	11.8	13.3
20 and over	26.2	28.4	26.7	26.2	28.7	26.6	28.1
Females:							
6-11	29.1	27.6	26.5	25.8	30.7	32.4	30.9
12-19	28.3	30.0	28.2	28.0	30.6	30.8	30.9
20-29	31.4	33.7	31.8	31.0	32.4	31.6	32.8
30-39	23.5	25.4	24.0	23.9	25.1	23.8	25.2
40-49	23.2	24.4	23.4	23.3	23.8	23.9	24.7
50-59	20.9	22.9	21.3	20.3	23.3	20.8	22.4
60-69	15.5	17.4	15.9	15.3	17.5	15.4	16.6
70 and over	10.4	12.1	11.2	10.0	12.2	10.4	11.8
20 and over	21.9	23.8	22.4	21.8	23.4	22.2	23.4
All individuals	23.9	25.5	24.0	23.4	25.8	24.8	25.7

† See "Statistical notes," appendix B.

Continued

Note: Excludes breast-fed children.

Table 8A.--Food obtained and eaten away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
Males and females:						
Under 1	4.4	† 3.7	3.8	4.2	5.1	4.1
1-2	12.6	12.7	12.8	14.0	14.6	13.2
3-5	20.1	18.9	20.3	21.1	22.2	21.1
5 and under	15.6	14.9	15.7	16.5	17.4	16.3
Males:						
6-11	25.6	23.0	25.4	26.6	27.1	27.3
12-19	30.4	29.8	31.3	32.1	33.0	31.7
20-29	37.7	36.9	38.6	38.7	39.3	38.1
30-39	29.5	29.4	30.0	30.1	31.4	30.1
40-49	27.1	27.2	28.4	27.7	30.1	27.7
50-59	24.8	25.1	25.5	25.3	27.9	25.3
60-69	18.4	18.7	19.9	18.9	20.7	18.9
70 and over	12.3	12.5	14.1	13.5	15.3	13.3
20 and over	27.3	27.2	28.3	28.0	29.7	27.9
Females:						
6-11	29.6	26.7	29.1	29.9	30.3	30.8
12-19	29.9	28.5	29.5	31.4	31.9	31.0
20-29	32.2	32.2	33.1	33.2	35.1	32.8
30-39	24.5	24.6	25.2	25.4	26.9	25.3
40-49	23.0	23.0	23.9	23.7	26.2	23.8
50-59	20.7	21.8	22.9	22.2	24.5	20.9
60-69	15.3	16.1	17.2	16.1	18.1	15.6
70 and over	11.0	11.1	12.0	11.9	13.0	11.4
20 and over	22.3	22.6	23.5	23.3	25.2	22.9
All individuals	24.8	24.4	25.5	25.7	27.1	25.5

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 8B.--Food obtained and eaten away from home: Percentages of users reporting at least one item from a source, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Individuals eating away from home	Source							
			Restaurant	Fast food place	Someone else/gift	Store	School cafeteria	Other cafeteria	Day care	Other
	Percent	*Percent*	*Percent of users*							
Males and females:										
Under 1	1.1	16.2	† 1.0	† 12.4	† 43.0	† 42.7	† 0.0	† 0.0	† 4.5	† 1.4
1-2	3.1	36.7	12.1	27.9	35.1	20.8	† 1.4	† 1.5	19.4	5.7
3-5	4.7	54.0	13.4	25.6	31.5	17.4	15.6	† .9	20.6	8.5
5 and under	8.9	43.3	12.5	25.6	33.1	19.6	10.7	1.1	19.5	7.4
Males:										
6-11	4.6	67.5	11.5	23.2	25.5	14.4	49.6	† 1.4	3.6	9.6
12-19	5.8	72.0	12.5	40.2	20.4	24.8	33.8	† 1.7	† .4	17.7
20-29	7.3	71.2	29.7	43.7	19.0	31.9	2.3	6.8	† .3	30.6
30-39	8.3	66.9	26.5	35.5	19.1	31.7	† 1.1	9.5	† .0	32.9
40-49	7.0	66.2	30.7	35.9	15.4	28.3	2.3	10.2	† .0	28.3
50-59	4.6	59.1	39.1	30.9	12.3	25.4	† 1.7	8.2	† .0	28.4
60-69	3.4	47.9	42.4	27.3	18.1	13.5	† .9	7.2	† .7	22.1
70 and over	3.4	31.3	46.7	21.0	20.1	11.4	† .0	7.4	† .2	17.1
20 and over	33.9	61.2	32.2	35.6	17.3	27.7	1.7	8.5	† .1	29.1
Females:										
6-11	4.4	66.2	8.9	25.9	31.5	16.2	49.9	† 1.1	5.2	9.1
12-19	5.6	64.3	19.5	33.0	31.4	24.6	33.6	† 1.0	† .4	19.6
20-29	7.0	63.0	35.6	37.5	22.5	25.8	2.6	10.0	† 1.2	27.3
30-39	8.8	56.5	27.3	35.7	22.4	23.8	† 2.3	11.4	† 1.3	27.5
40-49	6.9	54.6	36.0	31.2	22.5	24.1	3.1	9.7	† .1	28.9
50-59	5.2	52.0	34.6	22.5	23.7	20.9	2.8	10.4	† .3	24.0
60-69	4.1	39.9	40.4	19.5	29.1	15.9	† 1.4	7.7	† .9	16.9
70 and over	4.9	26.9	40.4	12.7	26.6	10.4	† 1.8	6.4	† 1.6	17.8
20 and over	36.8	51.0	34.1	30.3	23.5	22.3	2.5	9.9	.9	25.6
All individuals	100.0	57.1	26.9	32.2	22.7	23.7	12.0	6.7	2.2	23.0

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9A.--Grain products: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready-to-eat cereals	Rice	Pasta				
	Percent	*Grams*									
Males and females:											
Under 1	1.1	56	†3	30	†1	†2	†1	†1	3	†1	18
1-2	3.1	206	21	59	14	13	12	11	18	7	89
3-5	4.7	254	35	66	21	14	10	14	28	11	101
5 and under	8.9	213	26	59	16	13	9	11	22	8	86
Males:											
6-11	4.6	308	45	81	32	16	17	20	41	15	106
12-19	5.8	406	54	82	29	26	17	26	49	19	175
20-29	7.3	410	60	91	15	39	30	22	36	19	181
30-39	8.3	391	63	81	16	35	20	23	48	15	161
40-49	7.0	353	65	92	14	31	32	26	46	13	112
50-59	4.6	324	62	84	15	29	19	28	46	14	90
60-69	3.4	308	65	92	17	23	20	24	42	11	74
70 and over	3.4	292	58	98	19	18	14	18	50	7	62
20 and over	33.9	360	62	89	16	31	24	24	44	14	127
Females:											
6-11	4.4	275	43	62	20	13	15	20	41	13	97
12-19	5.6	306	40	67	17	19	22	15	37	15	132
20-29	7.0	284	40	66	15	29	16	15	34	11	118
30-39	8.8	261	45	61	11	21	18	15	31	12	97
40-49	6.9	263	47	66	12	26	16	18	37	11	84
50-59	5.2	245	50	61	11	16	11	18	33	10	73
60-69	4.1	230	48	61	12	14	13	15	37	8	61
70 and over	4.9	230	47	71	15	12	10	15	37	5	54
20 and over	36.8	256	46	64	13	21	15	16	34	10	85
All individuals	100.0	302	50	74	16	23	18	19	38	12	109

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9B.--Grain products: Percentages of individuals consuming, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready-to-eat cereals	Rice	Pasta				
	Percent	*Percent*									
Males and females:											
Under 1	1.1	70.6	10.4	63.8	8.5	† 2.4	† 1.8	† 3.0	16.4	7.2	15.9
1-2	3.1	98.5	53.0	72.1	50.1	13.4	9.9	25.5	45.3	35.6	47.1
3-5	4.7	† 99.6	65.4	68.1	52.3	11.3	7.1	27.8	51.2	34.4	47.4
5 and under	8.9	95.6	54.2	68.9	46.1	10.9	7.4	23.9	44.8	31.4	43.4
Males:											
6-11	4.6	† 98.8	68.3	65.0	53.3	10.0	7.9	26.0	52.1	33.8	44.8
12-19	5.8	98.2	62.7	44.6	33.2	10.0	5.9	24.5	41.3	27.2	46.1
20-29	7.3	94.4	62.3	34.1	17.5	11.8	8.5	18.6	32.2	27.7	41.6
30-39	8.3	96.6	67.5	37.6	20.1	13.0	6.8	22.7	37.8	25.4	39.4
40-49	7.0	96.4	68.5	40.2	19.1	13.1	9.9	23.4	39.6	24.2	32.4
50-59	4.6	97.1	69.7	42.0	22.6	12.6	6.4	25.9	41.0	27.0	26.7
60-69	3.4	97.4	78.2	49.6	28.2	11.1	7.7	24.4	41.8	24.8	21.2
70 and over	3.4	98.6	76.3	60.4	38.2	7.5	5.1	21.9	47.9	24.3	19.7
20 and over	33.9	96.5	68.8	41.4	22.3	12.0	7.7	22.5	38.8	25.7	32.9
Females:											
6-11	4.4	† 99.3	70.7	59.1	45.3	9.5	7.3	27.0	54.8	35.6	45.5
12-19	5.6	97.6	60.8	45.9	30.2	8.6	9.3	19.9	40.7	30.9	46.1
20-29	7.0	95.6	59.7	41.7	23.6	13.5	6.8	19.7	35.9	24.6	40.2
30-39	8.8	96.1	64.6	38.8	20.5	11.5	8.2	21.3	38.1	29.8	38.0
40-49	6.9	96.6	66.1	40.2	19.6	12.9	8.2	23.3	40.3	27.5	30.8
50-59	5.2	97.9	72.6	41.7	22.0	10.2	6.6	23.4	38.2	26.5	28.0
60-69	4.1	98.0	73.2	46.8	26.9	8.9	6.9	21.6	42.4	29.3	21.1
70 and over	4.9	† 98.8	74.8	56.2	35.3	6.5	4.4	22.0	46.9	22.5	19.7
20 and over	36.8	96.9	67.4	43.2	23.8	11.0	7.1	21.8	39.8	26.9	31.3
All individuals	100.0	96.9	66.3	46.8	28.5	11.0	7.4	22.7	41.2	27.8	35.9

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10A.--Vegetables: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce-based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
	Percent	*Grams*									
Males and females:											
Under 1	1.1	52	5	† 1	† 2	16	† *	0	8	4	17
1-2	3.1	82	28	13	4	6	9	1	8	9	17
3-5	4.7	89	36	18	4	5	12	3	5	10	15
5 and under	8.9	82	29	14	4	7	9	2	6	9	16
Males:											
6-11	4.6	114	50	27	4	5	16	6	5	12	17
12-19	5.8	176	86	44	6	6	28	12	† 3	10	25
20-29	7.3	216	85	44	9	5	40	16	6	13	42
30-39	8.3	247	90	37	16	7	36	20	9	15	54
40-49	7.0	239	74	27	14	9	39	19	8	20	56
50-59	4.6	265	79	23	17	10	40	21	12	22	64
60-69	3.4	262	70	19	18	13	42	19	11	14	75
70 and over	3.4	246	67	13	15	15	32	15	15	18	70
20 and over	33.9	243	80	31	14	9	38	18	9	17	57
Females:											
6-11	4.4	117	43	25	5	4	14	8	6	13	24
12-19	5.6	145	61	31	9	4	18	12	4	8	28
20-29	7.0	169	54	25	9	9	28	15	7	9	39
30-39	8.8	188	55	19	15	10	29	18	8	13	40
40-49	6.9	194	48	16	14	12	27	21	6	11	54
50-59	5.2	205	49	12	16	11	30	20	7	11	62
60-69	4.1	211	49	9	18	10	30	16	11	10	68
70 and over	4.9	207	47	6	18	11	29	12	10	14	65
20 and over	36.8	193	51	16	15	10	29	17	8	11	52
All individuals	100.0	189	61	24	12	8	28	15	7	13	45

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10B.--Vegetables: Percentages of individuals consuming, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce-based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
	Percent	*Percent*									
Males and females:											
Under 1	1.1	45.1	10.4	† 3.4	† 3.0	19.7	† 0.4	† 0.0	10.5	6.9	15.7
1-2	3.1	75.4	41.7	27.5	7.3	11.5	23.7	5.6	13.1	16.2	21.5
3-5	4.7	79.2	47.1	34.6	5.9	9.6	33.2	10.4	9.8	15.3	25.3
5 and under	8.9	73.6	40.6	28.3	6.0	11.5	25.9	7.4	11.0	14.6	22.8
Males:											
6-11	4.6	79.6	48.8	38.4	6.1	12.0	38.0	14.2	6.8	14.0	30.1
12-19	5.8	78.2	49.6	38.7	3.6	8.1	43.0	23.8	3.5	7.4	33.3
20-29	7.3	83.7	49.7	37.0	6.7	7.2	45.5	26.0	4.6	8.4	41.1
30-39	8.3	87.9	49.9	33.0	11.5	11.2	42.2	27.0	6.1	9.9	50.4
40-49	7.0	86.7	43.7	26.3	9.9	12.4	42.6	29.2	7.2	14.1	50.8
50-59	4.6	86.9	45.5	22.3	12.7	14.4	40.0	30.3	8.1	14.9	49.8
60-69	3.4	87.2	44.2	19.7	13.4	17.7	41.9	29.3	10.5	12.1	52.7
70 and over	3.4	84.2	44.2	14.0	12.5	18.6	37.3	25.4	12.6	16.0	52.6
20 and over	33.9	86.2	46.8	27.8	10.6	12.4	42.2	27.8	7.3	12.0	48.9
Females:											
6-11	4.4	81.9	49.8	38.4	5.5	12.2	33.5	17.4	7.8	15.5	30.2
12-19	5.6	79.5	46.4	34.6	7.0	10.6	35.3	25.1	4.4	7.4	34.5
20-29	7.0	81.2	42.3	28.1	9.2	11.3	40.6	25.5	7.1	7.6	40.9
30-39	8.8	82.6	41.9	23.5	10.8	15.3	40.4	28.8	7.4	12.4	42.8
40-49	6.9	83.6	39.4	21.4	12.1	15.9	39.1	31.1	7.4	10.9	47.5
50-59	5.2	85.1	40.0	16.9	15.4	17.4	38.9	31.6	7.7	11.4	51.5
60-69	4.1	86.1	39.2	13.3	13.8	15.6	39.7	32.2	11.4	11.4	55.3
70 and over	4.9	85.7	38.5	9.5	15.5	15.0	36.2	24.0	11.7	15.7	51.3
20 and over	36.8	83.7	40.5	20.1	12.4	15.0	39.3	28.8	8.4	11.4	47.1
All individuals	100.0	82.8	44.3	27.0	9.8	12.9	38.8	24.9	7.7	11.7	42.5

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 11A.--Fruits: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	Percent	*Grams*									
Males and females:											
Under 1	1.1	131	† 1	† *	0	130	15	7	† 1	44	64
1-2	3.1	269	57	50	2	209	24	21	8	23	132
3-5	4.7	213	60	50	1	150	26	14	12	20	78
5 and under	8.9	222	51	44	1	168	24	15	9	24	95
Males:											
6-11	4.6	177	65	58	† *	108	29	11	13	19	36
12-19	5.8	174	102	94	† 1	70	13	8	† 11	10	29
20-29	7.3	163	99	93	† *	63	12	10	9	11	21
30-39	8.3	145	71	62	† 1	72	15	15	10	17	16
40-49	7.0	168	70	59	† 1	92	14	20	19	19	20
50-59	4.6	182	73	61	† 1	107	22	22	22	22	18
60-69	3.4	190	68	54	2	116	22	28	27	28	11
70 and over	3.4	212	78	59	4	129	24	31	22	30	22
20 and over	33.9	170	78	67	1	89	17	19	16	19	18
Females:											
6-11	4.4	165	62	53	*	100	21	7	9	23	39
12-19	5.6	157	72	67	† *	83	13	5	15	14	35
20-29	7.0	138	68	62	† *	66	10	11	8	14	23
30-39	8.8	132	52	45	† 1	77	15	15	17	13	18
40-49	6.9	153	63	51	† 1	89	19	16	23	19	11
50-59	5.2	167	68	54	1	97	20	23	25	22	7
60-69	4.1	186	72	54	1	111	24	21	28	25	13
70 and over	4.9	192	77	57	2	111	22	26	18	31	13
20 and over	36.8	156	65	53	1	88	17	18	19	19	15
All individuals	100.0	169	70	60	1	96	18	16	16	19	27

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 11B.--Fruits: Percentages of individuals consuming foods, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	Percent	*Percent*									
Males and females:											
Under 1	1.1	61.4	† 1.7	† 0.9	† 0.0	60.5	17.0	9.8	† 1.5	32.6	33.9
1-2	3.1	78.1	27.4	21.6	5.4	67.5	22.9	21.8	7.1	21.5	40.2
3-5	4.7	69.1	28.9	22.3	3.2	56.7	21.4	13.4	7.1	17.8	25.8
5 and under	8.9	71.2	25.0	19.4	3.5	60.9	21.4	15.8	6.4	21.0	31.7
Males:											
6-11	4.6	55.9	24.1	20.6	† 1.1	43.8	18.9	8.1	6.2	15.1	11.3
12-19	5.8	44.5	24.8	21.7	† 1.0	27.0	8.2	6.0	4.1	7.1	8.1
20-29	7.3	41.6	23.8	21.0	† .8	25.2	7.4	7.3	4.7	7.2	5.0
30-39	8.3	40.0	21.3	16.1	† 1.0	26.5	8.3	11.2	4.6	10.0	3.8
40-49	7.0	47.6	24.1	17.6	1.6	32.6	8.7	13.3	7.3	12.1	4.9
50-59	4.6	56.8	29.5	22.6	2.0	42.7	12.9	16.7	10.0	14.2	5.5
60-69	3.4	62.4	31.2	23.3	3.2	47.2	13.7	24.4	11.0	16.1	4.0
70 and over	3.4	69.6	37.9	27.7	7.1	55.4	16.1	29.0	12.3	19.2	7.1
20 and over	33.9	49.4	26.2	20.2	2.1	34.6	10.1	14.6	7.3	11.9	4.9
Females:											
6-11	4.4	61.5	27.2	21.3	† .9	46.9	16.0	6.8	7.4	18.5	15.0
12-19	5.6	45.6	22.4	18.1	† 1.1	30.2	8.2	4.4	5.9	11.4	9.7
20-29	7.0	46.5	24.3	18.9	† 1.0	28.9	6.8	9.0	4.5	10.7	6.0
30-39	8.8	47.2	21.4	15.5	2.7	34.3	9.9	12.5	8.1	10.8	5.4
40-49	6.9	51.6	24.8	18.0	1.5	39.2	12.8	13.2	11.6	13.6	4.7
50-59	5.2	59.3	32.4	23.5	2.5	45.2	13.2	18.6	12.9	15.5	2.6
60-69	4.1	66.7	35.7	25.3	3.4	52.2	17.4	20.4	15.0	18.6	5.2
70 and over	4.9	71.1	40.3	31.2	5.4	54.1	14.3	26.3	9.7	21.7	6.2
20 and over	36.8	54.9	28.2	20.9	2.6	40.3	11.8	15.6	9.7	14.3	5.1
All individuals	100.0	53.7	26.5	20.4	2.2	39.3	12.2	13.4	7.8	13.7	8.5

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 12A.--Milk and milk products: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
	Percent	*Grams*								
Males and females:										
Under 1	1.1	749	743	57	39	† 16	0	† *	† 4	† 1
1-2	3.1	474	449	412	262	135	11	11	14	10
3-5	4.7	392	354	319	142	149	22	8	24	12
5 and under	8.9	465	436	318	170	128	15	8	18	10
Males:										
6-11	4.6	448	400	334	117	174	33	6	35	11
12-19	5.8	409	358	303	100	157	40	† 3	29	19
20-29	7.3	240	192	176	59	81	33	4	22	21
30-39	8.3	262	201	172	61	82	25	10	33	21
40-49	7.0	254	197	178	52	82	40	7	34	18
50-59	4.6	223	172	153	33	76	41	5	31	14
60-69	3.4	238	182	166	41	76	47	5	35	15
70 and over	3.4	263	205	187	46	97	41	3	37	14
20 and over	33.9	248	193	172	52	82	36	6	31	18
Females:										
6-11	4.4	382	337	285	107	138	28	3	30	13
12-19	5.6	268	219	189	67	91	30	† 4	29	14
20-29	7.0	208	172	145	58	44	41	7	17	16
30-39	8.8	198	156	128	30	64	31	13	21	17
40-49	6.9	179	134	116	31	50	34	10	25	14
50-59	5.2	195	149	120	20	46	50	17	27	16
60-69	4.1	194	149	128	24	57	43	11	26	14
70 and over	4.9	209	165	149	30	73	45	7	28	11
20 and over	36.8	197	154	131	33	55	39	11	23	15
All individuals	100.0	274	227	191	65	88	35	8	27	16

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 12B.--Milk and milk products: Percentages of individuals consuming, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
	Percent	*Percent*								
Males and females:										
Under 1	1.1	83.9	83.9	9.2	5.9	† 2.4	† 0.0	† 0.3	6.7	5.4
1-2	3.1	93.6	90.1	87.0	53.1	32.1	3.5	8.1	16.3	30.1
3-5	4.7	92.7	86.0	83.0	40.1	41.2	6.0	5.7	22.9	33.9
5 and under	8.9	91.9	87.2	75.1	40.3	33.2	4.4	5.8	18.6	29.0
Males:										
6-11	4.6	92.1	84.9	79.4	31.3	43.1	9.8	3.5	25.5	30.0
12-19	5.8	81.3	65.8	59.5	22.7	30.5	7.1	1.7	13.6	37.1
20-29	7.3	67.9	42.7	39.6	13.2	19.4	7.0	1.9	12.4	37.7
30-39	8.3	74.3	51.2	47.5	17.0	23.5	6.8	3.6	16.7	36.7
40-49	7.0	74.2	51.7	48.5	17.0	20.7	12.6	3.6	16.9	32.2
50-59	4.6	72.7	51.1	48.7	11.8	25.5	11.7	2.7	17.7	27.9
60-69	3.4	80.0	62.8	59.8	15.0	28.0	15.2	2.2	21.1	27.8
70 and over	3.4	85.5	71.0	68.2	17.5	36.3	15.7	2.1	25.5	28.5
20 and over	33.9	74.4	52.6	49.5	15.3	24.1	10.4	2.8	17.3	33.1
Females:										
6-11	4.4	90.6	82.2	77.0	33.4	39.1	8.1	2.9	22.7	31.0
12-19	5.6	75.4	53.9	49.6	17.5	23.8	9.4	2.2	17.0	36.1
20-29	7.0	73.1	51.2	46.1	17.7	16.3	12.1	3.5	11.2	34.4
30-39	8.8	75.9	53.3	49.0	14.2	24.0	11.2	6.7	14.0	35.9
40-49	6.9	76.5	51.4	47.9	14.0	21.5	13.3	5.0	15.7	34.7
50-59	5.2	77.7	57.5	50.9	11.2	21.3	18.0	8.8	18.6	30.7
60-69	4.1	79.0	60.9	57.5	13.6	25.4	18.9	5.1	20.0	29.1
70 and over	4.9	83.1	66.6	63.7	16.6	30.8	17.2	3.4	22.4	23.8
20 and over	36.8	77.0	55.7	51.4	14.7	22.7	14.4	5.4	16.2	32.3
All individuals	100.0	78.9	60.5	55.6	19.4	26.3	11.0	4.0	17.4	32.6

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 13A.--Meat, poultry, and fish: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent	*Grams*									
Males and females:											
Under 1	1.1	27	†1	†*	†*	†1	†2	†3	†2	†*	20
1-2	3.1	88	7	4	†*	†*	16	15	14	4	42
3-5	4.7	108	11	5	†*	†*	20	18	17	4	47
5 and under	8.9	91	8	4	†*	†*	16	15	14	3	42
Males:											
6-11	4.6	152	19	7	†*	†*	23	22	20	7	70
12-19	5.8	250	30	12	†1	0	28	31	26	8	135
20-29	7.3	297	37	12	†2	†1	28	37	29	8	168
30-39	8.3	283	46	15	†2	†*	31	35	30	18	131
40-49	7.0	277	38	15	†1	†1	31	35	27	12	138
50-59	4.6	262	35	17	†2	†1	28	31	25	19	124
60-69	3.4	238	29	15	†1	†1	23	25	21	18	117
70 and over	3.4	197	20	16	†2	†1	21	21	18	14	97
20 and over	33.9	269	37	15	2	1	28	32	27	14	135
Females:											
6-11	4.4	131	17	5	†*	†*	18	20	17	5	63
12-19	5.6	158	21	5	†*	†*	15	21	19	6	85
20-29	7.0	172	19	7	†2	†*	15	23	21	9	96
30-39	8.8	172	20	10	†*	†*	18	21	19	9	87
40-49	6.9	164	19	10	†1	†*	14	22	18	9	86
50-59	5.2	170	18	11	†1	†*	14	26	20	14	83
60-69	4.1	161	17	11	1	†1	17	20	17	12	79
70 and over	4.9	149	13	10	†1	†1	12	22	19	12	77
20 and over	36.8	166	18	10	1	*	15	22	19	10	86
All individuals	100.0	197	24	10	1	1	21	25	21	10	99

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 13B.--Meat, poultry, and fish: Percentages of individuals consuming, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent	*Percent*									
Males and females:											
Under 1	1.1	32.2	† 2.2	† 0.6	†0.3	†0.9	5.6	6.6	5.0	† 1.1	17.7
1-2	3.1	80.2	14.2	9.9	.9	† .1	29.3	25.9	24.3	5.7	31.8
3-5	4.7	86.7	16.4	13.2	† .5	† .2	35.4	26.2	23.9	5.3	32.2
5 and under	8.9	77.7	13.9	10.5	.6	† .2	29.6	23.6	21.7	4.9	30.2
Males:											
6-11	4.6	87.1	22.5	12.5	† .4	† .2	35.0	22.2	19.6	5.6	35.6
12-19	5.8	86.9	24.2	15.8	† .6	† 0.0	31.8	20.6	17.7	5.1	38.4
20-29	7.3	89.1	22.8	13.3	1.5	† .7	30.9	24.1	19.6	6.6	44.9
30-39	8.3	90.0	27.9	15.4	1.3	† .4	31.9	23.0	20.3	10.8	39.8
40-49	7.0	89.2	26.9	18.4	† 1.0	† 1.0	32.9	23.1	19.1	7.5	38.3
50-59	4.6	92.7	23.4	22.1	1.5	† .9	31.3	22.7	17.4	13.6	38.4
60-69	3.4	92.0	24.6	21.7	† 1.3	† .8	32.5	22.1	17.1	11.6	38.7
70 and over	3.4	92.2	19.6	24.9	1.6	† 1.4	32.4	19.6	16.9	11.5	35.7
20 and over	33.9	90.4	24.8	18.1	1.3	.8	31.9	22.8	18.9	9.8	39.9
Females:											
6-11	4.4	85.8	19.4	10.8	† .5	† .3	31.7	22.4	19.4	5.9	33.3
12-19	5.6	80.2	22.2	11.3	† .1	† .1	24.5	21.6	19.0	5.8	33.9
20-29	7.0	79.7	16.3	12.8	† .8	† .1	22.5	23.4	20.6	6.2	36.9
30-39	8.8	84.4	20.4	15.2	† .4	† .5	26.9	19.3	16.8	7.1	36.1
40-49	6.9	86.1	18.9	17.0	† .9	† .4	23.6	23.3	18.6	8.1	34.0
50-59	5.2	86.5	18.1	18.4	† 1.1	† .8	22.0	26.5	20.4	10.9	32.6
60-69	4.1	89.1	19.2	19.2	1.5	† .8	27.4	21.6	18.5	10.4	34.1
70 and over	4.9	87.8	15.9	20.6	† 1.0	† .9	23.0	23.4	20.4	10.0	33.1
20 and over	36.8	85.1	18.3	16.7	.9	.5	24.3	22.7	19.0	8.4	34.8
All individuals	100.0	86.2	20.9	15.8	.9	.5	28.6	22.6	19.2	8.0	36.2

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 14A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	Percent	*Grams*								
Males and females:										
Under 1	1.1	4	153	†*	†*	†*	†*	†1	†*	†*
1-2	3.1	16	18	3	3	1	1	17	*	4
3-5	4.7	12	10	5	4	2	2	33	1	8
5 and under	8.9	12	31	4	3	2	1	23	1	6
Males:										
6-11	4.6	12	12	5	8	3	4	40	1	13
12-19	5.8	22	17	5	12	3	9	35	2	13
20-29	7.3	27	28	4	15	3	10	23	4	9
30-39	8.3	21	41	4	19	5	10	25	4	6
40-49	7.0	23	29	4	19	5	11	23	5	7
50-59	4.6	24	30	5	20	5	11	25	6	5
60-69	3.4	27	41	4	19	6	10	26	6	5
70 and over	3.4	21	33	4	16	5	8	21	4	3
20 and over	33.9	24	33	4	18	5	10	24	5	7
Females:										
6-11	4.4	11	12	4	7	3	4	42	1	12
12-19	5.6	13	14	3	10	2	7	31	2	12
20-29	7.0	16	20	2	14	2	10	20	4	6
30-39	8.8	16	23	3	15	3	9	20	5	5
40-49	6.9	16	19	3	17	3	11	21	4	7
50-59	5.2	16	22	3	18	4	11	20	4	6
60-69	4.1	18	23	2	16	4	9	17	3	3
70 and over	4.9	14	21	3	14	5	7	20	3	3
20 and over	36.8	16	21	3	16	4	10	20	4	5
All individuals	100.0	18	25	4	14	4	8	25	3	7

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 14B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals consuming, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	Percent	*Percent*								
Males and females:										
Under 1	1.1	7.8	19.9	† 0.7	5.8	† 3.8	† 1.8	6.0	† 1.2	† 0.5
1-2	3.1	25.6	11.9	15.0	35.5	27.4	10.9	44.6	8.3	15.8
3-5	4.7	17.5	9.6	20.8	41.5	27.5	18.2	59.2	12.3	24.3
5 and under	8.9	19.1	11.7	16.3	35.0	24.5	13.6	47.5	9.5	18.4
Males:										
6-11	4.6	15.4	9.8	15.4	46.5	27.7	25.2	58.5	12.1	29.1
12-19	5.8	17.0	11.0	8.7	43.2	20.8	27.7	46.6	13.4	21.0
20-29	7.3	18.7	12.0	7.0	46.3	18.8	29.7	39.4	18.7	14.9
30-39	8.3	19.6	16.9	7.6	56.7	28.7	30.6	49.9	32.4	12.1
40-49	7.0	21.3	15.7	8.2	58.5	32.3	33.7	53.1	35.0	11.7
50-59	4.6	23.0	13.0	10.7	63.1	35.8	32.5	58.2	41.1	11.9
60-69	3.4	26.8	15.2	9.7	69.8	44.8	35.1	61.5	45.1	12.1
70 and over	3.4	27.8	15.1	11.2	67.3	47.0	30.9	65.2	44.8	7.4
20 and over	33.9	21.7	14.7	8.6	58.1	31.7	31.8	52.1	33.7	12.1
Females:										
6-11	4.4	13.8	11.1	16.6	48.3	30.0	23.0	60.8	13.3	28.5
12-19	5.6	15.1	10.7	7.8	45.6	23.9	28.6	46.3	11.9	23.8
20-29	7.0	17.7	15.0	7.0	48.5	23.0	27.9	47.0	26.7	13.2
30-39	8.8	17.2	15.9	7.1	59.1	29.2	32.0	56.5	36.7	12.2
40-49	6.9	19.3	15.4	7.5	63.7	33.4	36.0	58.6	37.9	15.1
50-59	5.2	17.7	14.3	7.8	66.3	39.3	37.2	60.2	40.7	13.8
60-69	4.1	23.8	15.1	8.7	67.5	41.5	34.8	56.1	38.5	8.3
70 and over	4.9	19.4	11.7	10.3	65.5	44.5	28.0	60.8	38.3	8.5
20 and over	36.8	18.8	14.8	7.9	60.7	33.6	32.5	56.1	36.0	12.2
All individuals	100.0	19.1	13.6	9.6	54.5	30.4	29.3	53.2	28.1	15.4

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 15A.--Beverages: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
	Percent	*Grams*												
Males and females:														
Under 1	1.1	15	0	0	0	15	0	† 1	13	9	† 3	† 2	† 2	0
1-2	3.1	157	0	0	0	157	† *	19	95	82	11	43	39	4
3-5	4.7	272	0	0	0	272	† *	24	142	133	8	105	93	11
5 and under	8.9	200	0	0	0	200	† *	19	109	100	8	71	63	7
Males:														
6-11	4.6	417	† *	0	0	417	† 2	38	151	137	14	225	201	24
12-19	5.8	994	† 45	† 1	† 40	950	21	115	205	157	44	608	583	25
20-29	7.3	1,482	408	11	382	1,073	191	130	138	99	39	613	549	63
30-39	8.3	1,399	228	11	210	1,170	372	202	76	59	16	516	404	113
40-49	7.0	1,415	225	17	198	1,190	512	185	88	73	14	400	296	105
50-59	4.6	1,261	155	15	129	1,106	539	154	86	63	† 21	322	200	123
60-69	3.4	1,056	133	16	111	923	526	153	48	42	† 6	190	109	81
70 and over	3.4	738	63	11	45	674	402	122	40	30	† 10	108	63	45
20 and over	33.9	1,301	230	13	207	1,070	403	164	87	66	20	414	322	92
Females:														
6-11	4.4	364	† *	0	0	364	† 2	36	129	119	10	198	178	20
12-19	5.6	645	† 8	† 1	† 6	638	14	92	134	113	† 20	396	350	43
20-29	7.0	970	106	9	85	864	147	140	110	100	10	466	351	115
30-39	8.8	969	64	12	46	905	294	175	73	67	† 7	362	234	128
40-49	6.9	1,032	52	17	28	980	407	190	59	44	† 15	324	165	157
50-59	5.2	967	62	21	34	905	447	170	50	42	† 6	236	114	123
60-69	4.1	788	29	16	† 8	759	390	170	37	26	† 11	160	88	73
70 and over	4.9	613	12	† 6	† 4	601	349	135	37	32	† 4	77	47	29
20 and over	36.8	914	59	13	38	855	327	165	66	56	9	296	185	111
All individuals	100.0	924	103	10	87	821	259	133	95	79	15	332	253	78

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 15B.--Beverages: Percentages of individuals consuming, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
	Percent	*Percent*												
Males and females:														
Under 1	1.1	6.5	† 0.0	† 0.0	† 0.0	6.5	† 0.0	† 0.7	5.6	4.1	† 1.3	† 1.4	† 1.4	† 0.0
1-2	3.1	49.4	† 0.0	† 0.0	† 0.0	49.4	† .2	7.2	30.4	27.1	3.0	21.4	19.7	1.8
3-5	4.7	69.6	† 0.0	† 0.0	† 0.0	69.6	† .6	8.5	40.3	37.9	2.9	36.6	32.1	4.8
5 and under	8.9	54.7	† 0.0	† 0.0	† 0.0	54.7	.4	7.1	32.6	30.0	2.8	26.9	24.0	3.2
Males:														
6-11	4.6	74.9	† .2	† 0.0	† 0.0	74.9	† 1.0	9.3	38.8	35.5	4.4	47.6	43.7	5.8
12-19	5.8	87.4	2.9	† .3	2.3	86.8	6.1	16.3	28.5	23.7	5.7	69.1	66.1	5.2
20-29	7.3	91.5	27.8	3.1	24.3	87.1	24.6	17.6	20.5	16.6	4.9	68.3	62.9	6.7
30-39	8.3	94.0	23.4	3.5	19.1	92.5	51.9	26.9	13.2	11.0	2.5	62.9	51.0	14.2
40-49	7.0	95.5	24.0	5.8	17.1	94.0	63.4	25.6	14.8	12.6	2.3	53.8	41.0	15.3
50-59	4.6	95.3	22.9	5.8	14.5	93.5	70.3	25.7	14.4	11.5	2.7	50.7	33.3	19.0
60-69	3.4	95.4	19.2	6.1	10.3	94.7	78.0	26.2	10.0	8.8	1.5	37.7	22.6	16.4
70 and over	3.4	91.8	14.8	5.5	5.7	90.6	75.0	25.7	10.7	9.1	1.8	25.7	16.1	9.7
20 and over	33.9	93.9	23.1	4.7	17.0	91.8	55.8	24.3	14.7	12.2	2.8	54.3	42.8	13.2
Females:														
6-11	4.4	72.0	† .2	† 0.0	† 0.0	72.0	† .8	11.0	35.3	32.9	2.5	44.4	40.3	6.0
12-19	5.6	86.9	1.7	† .4	† .9	86.7	3.7	19.2	27.2	23.8	4.0	62.2	56.2	8.5
20-29	7.0	90.3	13.0	2.9	8.1	88.4	24.7	25.8	20.3	18.3	2.3	63.2	50.3	15.7
30-39	8.8	90.0	12.8	4.8	5.7	89.3	45.9	29.3	15.6	13.9	1.7	56.0	39.2	18.6
40-49	6.9	93.5	12.5	6.4	4.6	92.9	61.1	31.5	12.6	10.3	2.4	54.6	31.1	25.5
50-59	5.2	94.4	13.2	6.6	3.4	93.6	68.6	33.1	12.1	10.2	1.4	45.1	26.1	20.8
60-69	4.1	92.7	13.6	7.9	1.7	92.0	71.1	32.8	10.9	8.5	2.2	36.9	20.6	17.3
70 and over	4.9	88.3	5.3	3.4	† .7	87.9	70.8	29.4	11.8	10.2	† 1.4	21.2	12.4	8.9
20 and over	36.8	91.4	11.9	5.1	4.5	90.5	54.0	30.0	14.4	12.5	1.9	48.8	32.3	18.2
All individuals	100.0	86.9	12.5	3.5	7.6	85.8	39.5	22.8	19.7	17.2	2.8	50.4	39.3	12.8

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 16A.--Grain group: Mean numbers of Pyramid servings consumed per day, by sex and age, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs

Sex and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	Percent	*Servings ‡*		
Males:				
2-5	3.3	6.5	1.0	5.4
6-11	4.7	6.9	1.0	5.9
12-19	5.9	9.2	1.1	8.0
20-29	7.5	8.7	1.1	7.6
30-39	8.5	8.7	1.1	7.6
40-49	7.1	7.9	1.1	6.7
50-59	4.8	7.1	1.1	5.9
60-69	3.5	7.0	1.1	5.9
70 and over	3.4	6.2	1.2	4.9
20 and over	34.8	7.9	1.1	6.8
Females:				
2-5	3.1	6.1	1.0	5.1
6-11	4.5	6.1	.8	5.2
12-19	5.7	6.3	.9	5.5
20-29	7.2	5.9	.8	5.1
30-39	9.0	5.8	.9	4.9
40-49	7.1	5.7	.8	4.8
50-59	5.3	5.4	.9	4.5
60-69	4.3	4.9	.9	4.1
70 and over	4.9	4.9	1.0	3.9
20 and over	37.8	5.5	.9	4.6
All Individuals 2 and over	100.0	6.7	1.0	5.8

‡ One serving is 1 slice of bread; 1 small roll; 1/2 bagel, English muffin, or croissant; 1 ounce of ready-to-eat cereal; 1/2 cup cooked cereal, rice, or pasta; 1 small muffin; or amounts of other grain products such as pretzels and cakes that contain an amount of grain equivalent to that in a standard slice of bread. For children 2 to 5 years old who consume less than 1,600 calories per day, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs. Whole- and nonwhole-grain servings were calculated based on the proportion of whole- and nonwhole-grain ingredients in foods as consumed.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 16B.--Grain group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent	*Percent*		
Males:				
2-5	3.3	† *	54	51
6-11	4.7	† *	60	45
12-19	5.9	† *	77	48
20-29	7.5	† 1	71	46
30-39	8.5	† *	70	41
40-49	7.1	† 1	68	39
50-59	4.8	† 1	59	36
60-69	3.5	† *	58	41
70 and over	3.4	† 1	49	38
20 and over	34.8	*	65	41
Females:				
2-5	3.1	† *	48	46
6-11	4.5	† *	46	37
12-19	5.7	† *	49	35
20-29	7.2	† 1	41	32
30-39	9.0	† 1	41	33
40-49	7.1	† 1	39	33
50-59	5.3	† 1	37	31
60-69	4.3	† 2	28	25
70 and over	4.9	† 1	28	26
20 and over	37.8	1	37	31
All Individuals 2 and over	100.0	1	52	38

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 6 servings of grain per day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 9 servings of grain per day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 11 servings of grain per day.

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 17A.--Vegetable group: Mean numbers of Pyramid servings consumed per day, by sex and age, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs

Sex and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy ‡		
	Percent	*Servings §*							
Males:									
2-5	3.3	2.1	0.1	0.1	0.1	0.9	0.2	0.3	0.4
6-11	4.7	2.3	.1	.1	.1	1.0	.2	.4	.5
12-19	5.9	3.7	.1	.1	.2	1.7	.2	.6	.8
20-29	7.5	4.3	.1	.1	.2	1.7	.2	.7	1.2
30-39	8.5	4.5	.2	.2	.3	1.6	.2	.6	1.4
40-49	7.1	4.1	.2	.2	.3	1.2	.3	.6	1.3
50-59	4.8	4.1	.2	.2	.3	1.2	.3	.5	1.3
60-69	3.5	3.9	.2	.2	.2	1.1	.3	.5	1.3
70 and over	3.4	3.4	.2	.2	.2	.9	.3	.4	1.2
20 and over	34.8	4.1	.2	.2	.3	1.4	.3	.6	1.3
Females:									
2-5	3.1	2.2	.1	.1	.1	.9	.2	.3	.5
6-11	4.5	2.2	.1	.1	.1	.9	.2	.3	.5
12-19	5.7	2.7	.1	.1	.1	1.2	.1	.4	.7
20-29	7.2	3.0	.1	.2	.2	1.0	.2	.4	.9
30-39	9.0	3.1	.2	.2	.2	.9	.2	.4	1.0
40-49	7.1	3.2	.2	.2	.2	.9	.2	.4	1.2
50-59	5.3	3.2	.2	.2	.2	.8	.2	.5	t.2
60-69	4.3	3.0	.2	.2	.1	.7	.2	.4	t.2
70 and over	4.9	2.8	.2	.2	.1	.7	.2	.4	1.0
20 and over	37.8	3.1	.2	.2	.2	.8	.2	.4	t.t
All Individuals 2 and over	100.0	3.3	.2	.2	.2	1.1	.2	.5	1.0

‡ Examples are corn, green peas, and lima beans (immature).

§ One serving is 1 cup of raw leafy vegetables; 1/2 cup of cooked or chopped raw vegetables; 1 ounce of vegetable chips; or 3/4 cup of vegetable juice. For children 2 to 5 years old who consume less than 1,600 calories per day, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 17B.--Vegetable group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent	*Percent*		
Males:				
2-5	3.3	22	24	23
6-11	4.7	20	27	20
12-19	5.9	10	55	37
20-29	7.5	7	67	49
30-39	8.5	4	69	54
40-49	7.1	8	62	48
50-59	4.8	7	67	56
60-69	3.5	6	61	52
70 and over	3.4	11	53	47
20 and over	34.8	7	65	51
Females:				
2-5	3.1	20	24	23
6-11	4.5	23	24	20
12-19	5.7	13	38	29
20-29	7.2	11	43	38
30-39	9.0	8	44	39
40-49	7.1	8	49	46
50-59	5.3	9	50	47
60-69	4.3	9	46	44
70 and over	4.9	10	40	39
20 and over	37.8	9	45	42
All Individuals 2 and over	100.0	10	49	41

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 3 servings of vegetables per day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 4 servings of vegetables per day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 5 servings of vegetables per day.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 18A.--Fruit group: Mean numbers of Pyramid servings consumed per day, by sex and age, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of fruits each day, depending on calorie needs

Sex and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	Percent	*Servings ‡*		
Males:				
2-5	3.3	2.3	0.8	1.5
6-11	4.7	1.5	.7	.9
12-19	5.9	1.4	.8	.6
20-29	7.5	1.3	.8	.5
30-39	8.5	1.3	.6	.7
40-49	7.1	1.5	.7	.7
50-59	4.8	1.7	.8	.9
60-69	3.5	1.9	.9	1.0
70 and over	3.4	2.1	.9	1.1
20 and over	34.8	1.5	.8	.8
Females:				
2-5	3.1	2.2	.8	1.4
6-11	4.5	1.5	.7	.9
12-19	5.7	1.3	.7	.6
20-29	7.2	1.2	.6	.6
30-39	9.0	1.3	.7	.6
40-49	7.1	1.4	.8	.7
50-59	5.3	1.6	.8	.8
60-69	4.3	1.7	.9	.8
70 and over	4.9	1.8	.8	1.0
20 and over	37.8	1.5	.7	.7
All Individuals 2 and over	100.0	1.5	.8	.8

‡ One serving is a whole fruit such as a medium apple, banana, or orange; a grapefruit half; 1/2 cup of berries, melon, or chopped raw fruit; 1/2 cup of cooked or canned fruit; 1/4 cup of dried fruit; or 3/4 cup of fruit juice. For children 2 to 5 years old who consume less than 1,600 calories, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 18B.--Fruit group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent	*Percent*		
Males:				
2-5	3.3	29	48	46
6-11	4.7	45	27	22
12-19	5.9	54	22	14
20-29	7.5	60	23	15
30-39	8.5	59	23	16
40-49	7.1	53	27	18
50-59	4.8	48	30	21
60-69	3.5	40	36	29
70 and over	3.4	35	42	36
20 and over	34.8	52	28	20
Females:				
2-5	3.1	28	46	45
6-11	4.5	45	26	23
12-19	5.7	53	23	18
20-29	7.2	57	20	18
30-39	9.0	55	23	20
40-49	7.1	53	23	21
50-59	5.3	45	31	29
60-69	4.3	38	34	33
70 and over	4.9	33	36	36
20 and over	37.8	49	26	24
All Individuals 2 and over	100.0	49	28	23

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 2 servings of fruit per day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 3 servings of fruit per day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 4 servings of fruit per day.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 19A.--Dairy group: Mean numbers of Pyramid servings consumed per day, by sex and age, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating 2 or 3 servings of dairy products each day, depending on age and physiological status

Sex and age (years)	Percentage of population	Total dairy ‡	Milk	Yogurt	Cheese
	Percent	*Servings §*			
Males:					
2-5	3.3	1.9	1.5	*	0.3
6-11	4.7	2.2	1.7	*	.5
12-19	5.9	2.4	1.6	*	.8
20-29	7.5	1.7	.9	*	.8
30-39	8.5	1.7	1.0	*	.7
40-49	7.1	1.6	1.0	*	.5
50-59	4.8	1.3	.8	*	.4
60-69	3.5	1.3	.9	*	.4
70 and over	3.4	1.3	1.1	*	.3
20 and over	34.8	1.5	.9	*	.6
Females:					
2-5	3.1	1.9	1.5	*	.3
6-11	4.5	1.9	1.5	*	.4
12-19	5.7	1.5	1.0	*	.5
20-29	7.2	1.3	.7	*	.5
30-39	9.0	1.2	.7	*	.4
40-49	7.1	1.1	.6	*	.4
50-59	5.3	1.1	.7	.1	.3
60-69	4.3	1.0	.7	*	.3
70 and over	4.9	1.1	.8	*	.2
20 and over	37.8	1.1	.7	*	.4
All Individuals 2 and over	100.0	1.5	1.0	*	.5

‡ Includes small amounts of miscellaneous dairy products, such as whey and nonfat sour cream, that are not included in the subgroups (milk, yogurt, cheese).

§ One serving is 1 cup of milk, 1 cup of yogurt; 1-1/2 ounces of natural cheese, 2 ounces of processed cheese, 1/2 cup of ricotta cheese, or 2 cups of cottage cheese. Dairy desserts, such as ice cream, ice milk, frozen yogurt, custard, and pudding, were separated into ingredients, and servings from dairy ingredients (usually milk) are tabulated. Serving sizes are the same for all individuals regardless of age.

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 19B.--Dairy group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	Percent	*Percent*		
Males:				
2-5	3.3	20	39	39
6-11	4.7	13	52	47
12-19	5.9	21	51	28
20-29	7.5	37	30	22
30-39	8.5	39	30	30
40-49	7.1	42	29	29
50-59	4.8	51	20	20
60-69	3.5	45	23	23
70 and over	3.4	43	24	24
20 and over	34.8	42	27	25
Females:				
2-5	3.1	21	40	40
6-11	4.5	20	40	36
12-19	5.7	40	26	11
20-29	7.2	44	17	10
30-39	9.0	53	19	17
40-49	7.1	56	16	15
50-59	5.3	56	14	14
60-69	4.3	59	12	12
70 and over	4.9	56	15	15
20 and over	37.8	54	16	14
All Individuals 2 and over	100.0	41	27	23

‡ The recommendation for an individual is based on age and physiological status. Women who were pregnant or lactating and individuals 11 to 24 years of age were counted as meeting the recommendation if they consumed at least 3 servings of dairy products per day; all other individuals were counted as meeting the recommendation if they consumed at least 2 servings of dairy products per day.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 20A.--Meat group: Mean numbers of Pyramid servings (ounce equivalents) consumed per day, by sex and age, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates each day, depending on calorie needs, to provide a total of 2-3 servings

Sex and age (years)	Percentage of population	Total meat and alternates ‡	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products §	Nuts and seeds
	Percent	*Ounces cooked lean meat equivalents ¶*								
Males:										
2-5	3.3	2.8	0.9	0.7	0.t	† *	0.6	0.3	† *	0.2
6-11	4.7	3.7	1.4	.8	.2	† *	.8	.3	† *	.2
12-19	5.9	5.9	2.6	1.4	.3	† *	1.0	.4	† *	.2
20-29	7.5	6.6	3.0	1.6	.4	† *	1.0	.5	† *	.2
30-39	8.5	7.2	3.1	1.6	.6	† *	1.3	.4	† *	.2
40-49	7.1	6.5	2.7	1.6	.5	† *	1.0	.5	† *	.2
50-59	4.8	6.4	2.5	1.5	.6	† *	.9	.5	† *	.2
60-69	3.5	5.6	2.2	1.2	.6	*	.8	.5	*	.1
70 and over	3.4	4.5	1.7	.9	.5	*	.6	.5	† *	.2
20 and over	34.8	6.4	2.7	1.5	.5	*	1.0	.5	*	.2
Females:										
2-5	3.1	2.6	.8	.7	.2	† *	.6	.2	† *	.1
6-11	4.5	3.0	1.1	.7	.2	† *	.7	.2	† *	.1
12-19	5.7	3.7	1.5	.9	.2	† *	.6	.3	† *	.1
20-29	7.2	3.8	1.4	1.1	.3	† *	.5	.3	*	.1
30-39	9.0	4.1	1.6	1.0	.4	*	.6	.3	*	.1
40-49	7.1	4.0	1.5	1.1	.4	† *	.5	.3	*	.1
50-59	5.3	3.9	1.4	1.1	.5	*	.5	.3	*	.1
60-69	4.3	3.9	1.4	1.0	.6	*	.5	.4	† *	.1
70 and over	4.9	3.5	1.2	1.0	.4	*	.4	.3	† *	.1
20 and over	37.8	3.9	1.4	1.1	.4	*	.5	.3	*	.1
All Individuals 2 and over	100.0	4.7	1.9	t.2	.4	*	.7	.4	*	.1

‡ Excludes cooked dry beans and peas, which are tabulated with vegetables in table 17A; according to USDA's Food Guide Pyramid they can be counted as a vegetable or a meat alternate.

§ Includes tofu and simulated meat products made from soy.

¶ Only the lean portion of meat, poultry, fish, and simulated meat products is tabulated here. One egg, 1/2 cup of tofu, 2 tablespoons of peanut butter, 1/3 cup of nuts, and 1/4 cup of seeds are each equivalent to 1 ounce of cooked lean meat. Fat in excess of amounts in the leanest meats is tabulated as discretionary fat in table 21.

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 20B.--Meat group: Percentages of individuals consuming specifed numbers of Pyramid servings (ounce equivalents) per day, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least 5 ounce equivalents a day	Consuming number of ounce equivalents recommended based on caloric intake ‡
	Percent	*Percent*		
Males:				
2-5	3.3	12	10	16
6-11	4.7	6	23	18
12-19	5.9	2	54	41
20-29	7.5	2	63	51
30-39	8.5	† 1	66	56
40-49	7.1	2	65	55
50-59	4.8	† 1	61	54
60-69	3.5	† 1	55	47
70 and over	3.4	3	37	32
20 and over	34.8	2	61	51
Females:				
2-5	3.1	12	7	15
6-11	4.5	7	11	9
12-19	5.7	8	24	20
20-29	7.2	8	25	22
30-39	9.0	4	27	25
40-49	7.1	6	27	25
50-59	5.3	6	25	24
60-69	4.3	4	27	26
70 and over	4.9	7	17	17
20 and over	37.8	6	25	23
All Individuals 2 and over	100.0	5	37	32

‡ Recommended amounts were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 5 ounces of cooked lean meat equivalents a day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 6 ounces of cooked lean meat equivalents a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 7 ounces of cooked lean meat equivalents a day. The recommendation was adjusted for children 2 to 5 years old who consumed less than 1,600 calories. To allow for their lower energy needs, the minimum recommendation was lowered by one-third to 3.3 ounce equivalents.

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 21.--Pyramid tip: Mean daily intakes of discretionary fat and added sugars per day, by sex and age, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they provide energy but little else of nutritional value

Sex and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Fat	Discretionary fat ‡	Added sugars §	Discretionary fat	Added sugars
	Percent	*Kilocalories*	*Percent of total kilocalories*			*Grams*	*Teaspoons ¶*
Males:							
2-5	3.3	1,546	32.4	25.3	15.8	43.9	15.3
6-11	4.7	1,968	32.4	25.1	18.6	55.3	23.1
12-19	5.9	2,716	33.2	25.5	20.0	77.7	34.2
20-29	7.5	2,669	33.0	24.7	16.8	74.1	27.8
30-39	8.5	2,669	34.2	25.7	15.3	78.2	26.0
40-49	7.1	2,403	34.1	25.3	13.9	69.0	21.4
50-59	4.8	2,217	34.3	25.5	13.3	64.3	18.7
60-69	3.5	2,061	33.1	24.3	11.9	57.3	15.9
70 and over	3.4	1,816	32.9	24.6	12.0	50.9	13.9
20 and over	34.8	2,407	33.7	25.1	14.4	68.7	22.3
Females:							
2-5	3.1	1,456	32.3	25.4	16.1	41.6	14.8
6-11	4.5	1,738	32.3	25.4	18.7	49.4	20.7
12-19	5.7	1,849	32.3	25.0	20.1	51.9	23.5
20-29	7.2	1,761	31.8	24.3	18.2	48.7	20.4
30-39	9.0	1,687	32.4	24.5	15.9	47.2	17.2
40-49	7.1	1,638	33.8	25.7	14.5	47.8	15.1
50-59	5.3	1,576	32.7	24.7	13.5	44.5	13.6
60-69	4.3	1,443	32.3	23.8	12.4	39.2	11.4
70 and over	4.9	1,387	31.9	23.7	12.6	37.1	11.1
20 and over	37.8	1,610	32.5	24.5	14.9	45.0	15.4
All Individuals 2 and over	100.0	1,982	32.9	24.9	15.7	56.1	20.0

‡ Discretionary fat includes fats added to foods in preparation and at the table (that is, cream, butter, margarine, cream cheese, oil, lard, meat drippings, cocoa, and chocolate) and fat from grain products, vegetables, fruits, dairy products, and meats and meat alternates beyond amounts people would consume if they selected only the lowest-fat foods in each food group.

§ Includes white sugar, brown sugar, raw sugar, corn syrup, honey, molasses, and artificial sweeteners containing carbohydrate that were eaten separately or used as ingredients in processed or prepared foods such as breads, cakes, soft drinks, jams, and ice cream. Does not include sugars such as fructose and lactose that occur naturally in foods such as fruit and milk.

¶ Quantities are standardized on a carbohydrate equivalent basis. One teaspoon of added sugars is defined as the quantity of a sweetener that contains the same amount of carbohydrate as 1 teaspoon (4 grams) of table sugar (sucrose).

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 22.1--Saturated fatty acids as sources of food energy: Mean percentages of food energy, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Food energy	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
	Percent	*Kilocalories*	*Percent of kilocalories*								
Males and females:											
Under 1	1.1	838	0.1	0.1	0.8	0.6	4.1	2.0	7.0	1.9	16.7
1-2	3.1	1,312	.4	.2	.2	.3	.5	1.5	6.7	3.1	13.3
3-5	4.7	1,577	.3	.2	.1	.2	.4	1.2	6.4	3.0	12.2
5 and under	8.9	1,393	.3	.2	.2	.3	.9	1.4	6.6	2.9	13.2
Males:											
6-11	4.6	2,026	.3	.1	.1	.2	.4	1.1	6.4	3.0	12.0
12-19	5.8	2,766	.2	.1	.1	.2	.3	1.0	6.4	3.0	11.7
20-29	7.3	2,821	.2	.1	.1	.2	.3	.9	6.2	2.8	11.1
30-39	8.3	2,665	.2	.1	.1	.2	.3	1.0	6.4	3.0	11.5
40-49	7.0	2,435	.2	.1	.1	.2	.3	.9	6.1	2.9	11.0
50-59	4.6	2,270	.2	.1	.1	.2	.3	.9	6.1	2.9	11.0
60-69	3.4	2,072	.2	.1	.1	.2	.3	.9	6.1	2.9	11.0
70 and over	3.4	1,834	.2	.1	.1	.2	.3	.9	6.1	2.9	11.0
20 and over	33.9	2,455	.2	.1	.1	.2	.3	.9	6.2	2.9	11.2
Females:											
6-11	4.4	1,807	.3	.2	.1	.2	.4	1.1	6.3	3.0	12.0
12-19	5.6	1,910	.2	.1	.1	.2	.4	1.0	6.1	2.9	11.3
20-29	7.0	1,841	.2	.1	.1	.2	.3	.9	5.9	2.8	10.8
30-39	8.8	1,710	.2	.1	.1	.2	.3	.9	6.0	2.8	10.9
40-49	6.9	1,682	.2	.1	.1	.2	.4	.9	6.0	2.8	11.0
50-59	5.2	1,600	.2	.1	.1	.2	.4	.9	5.8	2.7	10.5
60-69	4.1	1,489	.2	.1	.1	.2	.3	.9	5.8	2.7	10.6
70 and over	4.9	1,384	.2	.1	.1	.2	.3	.8	5.6	2.7	10.2
20 and over	36.8	1,646	.2	.1	.1	.2	.3	.9	5.9	2.8	10.7
All individuals	100.0	2,002	.2	.1	.1	.2	.4	1.0	6.1	2.9	11.3

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 22.2--Monounsaturated fatty acids as sources of food energy: Mean percentages of food energy, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Food energy	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
	Percent	*Kilocalories*	*Percent of kilocalories*				
Males and females:							
Under 1	1.1	838	0.2	11.7	*	*	12.0
1-2	3.1	1,312	.6	10.8	*	*	11.7
3-5	4.7	1,577	.6	11.4	.1	*	12.3
5 and under	8.9	1,393	.6	11.3	*	*	12.1
Males:							
6-11	4.6	2,026	.6	11.7	.1	*	12.6
12-19	5.8	2,766	.6	12.0	.1	*	13.0
20-29	7.3	2,821	.6	11.7	.1	*	12.6
30-39	8.3	2,665	.7	12.1	.1	*	13.0
40-49	7.0	2,435	.7	11.9	.1	*	12.9
50-59	4.6	2,270	.6	12.2	.1	*	13.1
60-69	3.4	2,072	.6	11.9	.1	*	12.8
70 and over	3.4	1,834	.6	11.8	.1	*	12.7
20 and over	33.9	2,455	.6	11.9	.1	*	12.9
Females:							
6-11	4.4	1,807	.6	11.7	.1	*	12.6
12-19	5.6	1,910	.6	11.5	*	*	12.3
20-29	7.0	1,841	.6	11.3	.1	*	12.1
30-39	8.8	1,710	.6	11.4	.1	*	12.3
40-49	6.9	1,682	.6	11.6	.1	*	12.5
50-59	5.2	1,600	.6	11.4	.1	*	12.2
60-69	4.1	1,489	.6	11.4	.1	*	12.3
70 and over	4.9	1,384	.6	11.2	.1	*	11.9
20 and over	36.8	1,646	.6	11.4	.1	*	12.2
All individuals	100.0	2,002	.6	11.6	.1	*	12.5

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 22.3--Polyunsaturated fatty acids as sources of food energy: Mean percentages of food energy, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Food energy	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
	Percent	*Kilocalories*	*Percent of kilocalories*							
Males and females:										
Under 1	1.1	838	7.5	0.9	† 0.0	*	*	*	† *	8.6
1-2	3.1	1,312	4.3	.5	† *	*	*	*	*	4.9
3-5	4.7	1,577	4.8	.5	*	*	*	*	*	5.4
5 and under	8.9	1,393	5.0	.5	*	*	*	*	*	5.6
Males:										
6-11	4.6	2,026	5.0	.5	*	*	*	*	*	5.5
12-19	5.8	2,766	5.3	.5	*	.1	*	*	*	5.9
20-29	7.3	2,821	5.5	.5	*	.1	*	*	*	6.2
30-39	8.3	2,665	5.9	.6	*	.1	*	*	*	6.7
40-49	7.0	2,435	5.9	.6	*	.1	*	*	*	6.6
50-59	4.6	2,270	6.2	.6	*	.1	*	*	*	7.1
60-69	3.4	2,072	6.1	.6	*	.1	*	*	*	6.9
70 and over	3.4	1,834	5.8	.6	*	.1	*	*	*	6.6
20 and over	33.9	2,455	5.9	.6	*	.1	*	*	*	6.6
Females:										
6-11	4.4	1,807	5.1	.5	*	*	*	*	*	5.7
12-19	5.6	1,910	5.4	.5	*	*	*	*	*	6.0
20-29	7.0	1,841	5.7	.6	*	.1	*	*	*	6.5
30-39	8.8	1,710	5.9	.6	*	.1	*	*	*	6.7
40-49	6.9	1,682	6.4	.7	*	.1	*	*	*	7.3
50-59	5.2	1,600	6.3	.6	*	.1	*	*	*	7.1
60-69	4.1	1,489	6.2	.7	*	.1	*	*	*	7.1
70 and over	4.9	1,384	5.8	.6	*	.1	*	*	*	6.6
20 and over	36.8	1,646	6.0	.6	*	.1	*	*	*	6.8
All individuals	100.0	2,002	5.7	.6	*	.1	*	*	*	6.4

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 23.1--Saturated fatty acids: Mean intakes per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
	Percent	*Grams*								
Males and females:										
Under 1	1.1	0.1	0.1	0.7	0.6	3.6	1.8	6.5	1.8	15.4
1-2	3.1	.6	.3	.2	.5	.7	2.2	9.9	4.6	19.5
3-5	4.7	.5	.3	.2	.4	.7	2.1	11.3	5.4	21.6
5 and under	8.9	.5	.3	.3	.5	1.1	2.1	10.2	4.7	20.1
Males:										
6-11	4.6	.6	.3	.2	.5	.8	2.5	14.5	6.9	27.3
12-19	5.8	.8	.4	.3	.6	1.1	3.2	19.7	9.3	36.5
20-29	7.3	.7	.3	.3	.5	.9	3.0	19.7	9.1	35.4
30-39	8.3	.7	.4	.3	.6	1.0	3.0	19.5	9.0	35.3
40-49	7.0	.5	.3	.2	.5	.8	2.5	17.0	8.1	30.6
50-59	4.6	.5	.3	.2	.4	.7	2.2	15.9	7.6	28.5
60-69	3.4	.5	.3	.2	.4	.7	2.1	14.3	6.8	25.9
70 and over	3.4	.4	.2	.2	.4	.6	1.9	12.4	6.0	22.8
20 and over	33.9	.6	.3	.2	.5	.8	2.6	17.3	8.1	31.3
Females:										
6-11	4.4	.6	.3	.2	.5	.8	2.3	12.8	6.2	24.2
12-19	5.6	.5	.3	.2	.4	.8	2.2	13.2	6.2	24.5
20-29	7.0	.4	.2	.2	.4	.7	1.9	12.2	5.7	22.3
30-39	8.8	.4	.2	.2	.4	.7	1.8	11.7	5.4	21.3
40-49	6.9	.4	.2	.2	.3	.7	1.8	11.5	5.4	21.0
50-59	5.2	.3	.2	.2	.3	.6	1.6	10.5	5.0	19.1
60-69	4.1	.3	.2	.2	.3	.5	1.5	9.9	4.6	17.9
70 and over	4.9	.3	.2	.1	.3	.5	1.3	8.8	4.2	15.9
20 and over	36.8	.4	.2	.2	.3	.6	1.7	11.0	5.2	20.0
All individuals	100.0	.5	.3	.2	.4	.8	2.2	13.9	6.5	25.6

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 23.2--Monounsaturated fatty acids: Mean intakes per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
	Percent	*Grams*				
Males and females:						
Under 1	1.1	0.2	10.9	*	*	11.1
1-2	3.1	1.0	16.1	.1	*	17.5
3-5	4.7	1.1	20.4	.1	*	21.9
5 and under	8.9	.9	17.7	.1	*	19.0
Males:						
6-11	4.6	1.4	26.7	.1	*	28.7
12-19	5.8	1.9	37.3	.2	.1	40.2
20-29	7.3	2.0	37.2	.2	.1	40.1
30-39	8.3	2.0	36.6	.2	.1	39.4
40-49	7.0	1.8	33.1	.2	.1	35.6
50-59	4.6	1.7	31.6	.2	.1	33.9
60-69	3.4	1.5	28.0	.1	*	30.1
70 and over	3.4	1.3	24.7	.1	*	26.4
20 and over	33.9	1.8	33.3	.2	.1	35.8
Females:						
6-11	4.4	1.2	23.7	.1	*	25.5
12-19	5.6	1.2	24.7	.1	*	26.6
20-29	7.0	1.2	23.4	.1	*	25.2
30-39	8.8	1.2	22.5	.1	*	24.1
40-49	6.9	1.1	22.4	.1	*	24.0
50-59	5.2	1.0	21.1	.1	*	22.6
60-69	4.1	1.0	19.4	.1	*	20.8
70 and over	4.9	.9	17.5	.1	*	18.7
20 and over	36.8	1.1	21.4	.1	*	23.0
All individuals	100.0	1.4	26.6	.1	*	28.6

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 23.3--Polyunsaturated fatty acids: Mean intakes per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
	Percent	*Grams*							
Males and females:									
Under 1	1.1	6.8	0.8	† 0.0	*	*	*	† *	7.8
1-2	3.1	6.4	.7	† *	.1	*	*	*	7.3
3-5	4.7	8.6	.8	*	.1	*	*	*	9.6
5 and under	8.9	7.6	.8	*	.1	*	*	*	8.6
Males:									
6-11	4.6	11.4	1.1	† *	.1	*	*	*	12.7
12-19	5.8	16.4	1.6	*	.2	*	*	.1	18.4
20-29	7.3	17.5	1.7	*	.2	*	*	.1	19.6
30-39	8.3	17.8	1.8	*	.2	*	*	.1	20.1
40-49	7.0	16.2	1.6	*	.2	*	*	.1	18.3
50-59	4.6	16.0	1.6	*	.2	.1	*	.1	18.1
60-69	3.4	14.6	1.5	*	.1	*	*	.1	16.5
70 and over	3.4	12.3	1.3	*	.1	*	*	.1	13.9
20 and over	33.9	16.3	1.6	*	.2	*	*	.1	18.4
Females:									
6-11	4.4	10.3	1.0	*	.1	*	*	*	11.5
12-19	5.6	11.5	1.1	† *	.1	*	*	*	12.9
20-29	7.0	12.0	1.2	*	.1	*	*	.1	13.5
30-39	8.8	11.4	1.1	*	.1	*	*	.1	12.8
40-49	6.9	12.1	1.2	*	.1	*	*	.1	13.6
50-59	5.2	11.5	1.2	*	.1	*	*	.1	13.1
60-69	4.1	10.7	1.1	*	.1	*	*	.1	12.1
70 and over	4.9	9.3	1.0	*	.1	*	*	.1	10.6
20 and over	36.8	11.3	1.1	*	.t	*	*	.1	12.8
All individuals	100.0	12.9	1.3	*	.1	*	*	.1	14.6

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 24.--Fatty acids: Mean percentages of total intake contributed by individual fatty acids, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total fatty acids	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0
	Percent	*Grams*	*Percent*							
Males and females:										
Under 1	1.1	34.2	0.2	0.2	2.1	1.7	11.0	5.4	18.6	5.2
1-2	3.1	44.3	1.3	.8	.6	1.1	1.6	4.9	22.4	10.2
3-5	4.7	53.1	1.0	.6	.4	.8	1.3	4.0	21.4	10.1
5 and under	8.9	47.7	1.0	.6	.7	1.0	2.6	4.5	21.4	9.5
Males:										
6-11	4.6	68.7	.9	.5	.4	.7	1.2	3.7	21.1	10.1
12-19	5.8	95.1	.8	.4	.3	.6	1.1	3.4	20.7	9.8
20-29	7.3	95.1	.7	.4	.3	.6	.9	3.1	20.7	9.5
30-39	8.3	94.8	.7	.4	.3	.6	1.0	3.1	20.4	9.4
40-49	7.0	84.5	.6	.3	.2	.5	.9	2.9	20.1	9.4
50-59	4.6	80.5	.6	.3	.2	.5	.9	2.7	19.7	9.3
60-69	3.4	72.5	.6	.3	.3	.6	1.0	2.9	19.7	9.2
70 and over	3.4	63.1	.7	.4	.3	.6	1.0	3.0	20.0	9.5
20 and over	33.9	85.5	.7	.3	.3	.6	1.0	3.0	20.2	9.4
Females:										
6-11	4.4	61.2	.9	.5	.4	.8	1.2	3.7	21.0	10.1
12-19	5.6	64.0	.8	.4	.3	.7	1.2	3.4	20.6	9.6
20-29	7.0	61.0	.7	.4	.3	.6	1.0	3.1	20.1	9.3
30-39	8.8	58.2	.7	.4	.3	.6	1.2	3.1	20.1	9.3
40-49	6.9	58.6	.7	.3	.3	.6	1.3	3.0	19.6	9.1
50-59	5.2	54.8	.6	.3	.3	.6	1.2	2.9	19.3	8.9
60-69	4.1	50.8	.7	.4	.3	.6	1.0	2.9	19.6	9.2
70 and over	4.9	45.2	.7	.4	.3	.6	1.0	2.9	19.6	9.2
20 and over	36.8	55.8	.7	.4	.3	.6	1.1	3.0	19.8	9.2
All individuals	100.0	68.8	.7	.4	.3	.6	1.2	3.2	20.3	9.4

Continued

Table 24.--Fatty acids: Mean percentages of total intake contributed by individual fatty acids, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	16:1	18:1	20:1	22:1	18:2	18.3	18:4	20.4	20:5	22:5	22:6
	Percent										
Males and females:											
Under 1	0.5	31.2	*	*	20.4	2.3	†*	*	*	†*	†*
1-2	2.1	36.0	.1	*	14.7	1.6	*	.1	*	*	.1
3-5	2.0	38.1	.2	.1	16.1	1.6	*	.1	*	*	.1
5 and under	1.9	36.5	.1	*	16.2	1.7	*	.1	*	*	.1
Males:											
6-11	2.0	38.8	.2	.1	16.5	1.6	*	.1	*	*	.1
12-19	2.0	39.2	.2	.1	17.3	1.7	*	.2	*	*	.1
20-29	2.1	38.8	.2	.1	18.6	1.8	*	.2	*	*	.1
30-39	2.1	38.6	.2	.1	19.1	1.9	*	.2	.1	*	.1
40-49	2.1	39.0	.2	.1	19.4	2.0	*	.2	.1	*	.1
50-59	2.1	39.0	.2	.1	20.2	2.1	*	.2	.1	*	.2
60-69	2.1	38.6	.2	.1	20.2	2.1	†*	.2	.1	*	.1
70 and over	2.0	38.9	.2	.1	19.4	2.0	*	.2	.1	*	.1
20 and over	2.1	38.8	.2	.1	19.4	2.0	*	.2	.1	*	.1
Females:											
6-11	1.9	38.6	.2	.1	16.9	1.6	*	.1	*	*	.1
12-19	2.0	38.6	.2	.1	18.2	1.8	*	.2	*	*	.1
20-29	2.0	38.3	.2	.1	19.7	2.0	*	.2	.1	*	.1
30-39	2.0	38.0	.2	.1	20.0	2.1	*	.2	.1	*	.1
40-49	1.9	37.8	.2	.1	20.8	2.1	*	.2	.1	*	.1
50-59	1.9	38.0	.2	.1	21.2	2.2	†*	.2	.1	*	.2
60-69	2.0	38.1	.2	.1	20.8	2.3	*	.2	.1	*	.2
70 and over	2.0	38.5	.2	.1	20.5	2.2	*	.2	.1	*	.2
20 and over	2.0	38.1	.2	.1	20.4	2.1	*	.2	.1	*	.1
All individuals	2.0	38.3	.2	.1	19.0	1.9	*	.2	.1	*	.1

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 25.1--Saturated fatty acids from selected food groups: Mean intakes, individuals 20 years and older, 1 day, 1994-96

Sex and age (years)	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
	Grams								
Males: (n = 5,056)									
Males 20 and over:									
Grain products	0.11	0.05	0.04	0.07	0.13	0.44	3.86	1.99	6.8
Vegetables	.03	.01	.01	.02	.08	.13	1.84	.62	2.8
Fruits	†*	†*	†*	*	†*	*	.08	.01	.1
Milk and milk products	.35	.19	.13	.27	.40	1.14	3.03	1.36	7.1
Meat, poultry, fish	.03	.02	.01	.06	.08	.60	5.98	2.96	10.0
Eggs	.01	.01	*	.01	.01	.04	.63	.26	1.0
Legumes	*	†*	†.01	†*	*	.01	.25	.12	.4
Fats and oils	.05	.03	.02	.04	.05	.18	1.18	.49	2.1
Nuts and seeds	.0	†*	†*	†*	†.01	.01	.21	.08	.4
Sugars and sweets	*	*	.01	.01	.05	.04	.24	.21	.6
Beverages	†*	†*	*	*	.02	.01	.02	.01	.1
Females: (n = 4,816)									
Females 20 and over:									
Grain products	.07	.03	.03	.05	.10	.29	2.59	1.33	4.6
Vegetables	.02	.01	.01	.01	.04	.09	1.10	.39	1.7
Fruits	†*	†*	*	*	*	*	.08	.01	.1
Milk and milk products	.23	.12	.09	.19	.32	.79	2.05	.94	4.9
Meat, poultry, fish	.02	.01	.01	.03	.05	.33	3.39	1.66	5.6
Eggs	.01	*	*	*	.01	.02	.40	.16	.6
Legumes	*	*	†*	†*	*	.01	.15	.08	.2
Fats and oils	.03	.02	.01	.03	.03	.11	.88	.36	1.5
Nuts and seeds	.0	†.0	†*	†*	†*	*	.12	.05	.2
Sugars and sweets	*	*	.01	.01	.05	.03	.21	.18	.5
Beverages	†*	*	*	*	.02	.01	.02	*	.1

† See "Statistical notes," appendix B.

* Value less than 0.005 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 25.2--Mononunsaturated fatty acids from selected food groups: Mean intakes, individuals 20 years and older, 1 day, 1994-96

Sex and age (years)	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
			Grams		
Males: (n = 5,056)					
Males 20 and over:					
Grain products	0.24	9.99	0.02	*	10.3
Vegetables	.09	3.58	.02	.03	3.7
Fruits	.01	.12	† *	† .0	.1
Milk and milk products	.27	2.89	*	† .0	3.3
Meat, poultry, fish	1.01	11.16	.08	.02	12.4
Eggs	.07	1.12	.01	*	1.2
Legumes	.02	.48	*	*	.5
Fats and oils	.05	2.58	.01	*	2.7
Nuts and seeds	*	.98	.02	.0	1.0
Sugars and sweets	*	.38	*	*	.5
Beverages	† *	.01	† .0	.0	*
Females: (n = 4,816)					
Females 20 and over:					
Grain products	.16	6.71	.02	*	6.9
Vegetables	.06	2.20	.01	.01	2.3
Fruits	.01	.12	*	† .0	.1
Milk and milk products	.18	1.96	*	.0	2.2
Meat, poultry, fish	.57	6.42	.05	.02	7.2
Eggs	.05	.71	*	*	.8
Legumes	.02	.30	*	*	.3
Fats and oils	.04	2.07	.01	*	2.1
Nuts and seeds	† *	.58	.01	.0	.6
Sugars and sweets	*	.34	*	*	.4
Beverages	† *	.01	† .0	.0	*

* Value less than 0.005 but greater than 0.

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 25.3--Polyunsaturated fatty acids from selected food groups: Mean intakes, individuals 20 years and older, 1 day, 1994-96

Sex and age (years)	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
	Grams							
Males: (n = 5,056)								
Males 20 and over:								
Grain products	5.37	0.41	† *	0.02	*	*	*	5.8
Vegetables	2.40	.23	.0	*	*	.0	*	2.6
Fruits	.10	.03	.0	.0	† .0	.0	† .0	.1
Milk and milk products	.30	.14	† .0	*	† .0	† .0	*	.4
Meat, poultry, fish	3.67	.38	.01	.12	.04	.02	.07	4.3
Eggs	.48	.03	† .0	.03	*	† .0	.01	.6
Legumes	.32	.04	.0	*	.0	.0	† .0	.4
Fats and oils	2.92	.34	.0	† *	.0	.0	.0	3.3
Nuts and seeds	.61	.01	.0	† *	.0	.0	.0	.6
Sugars and sweets	.10	*	.0	† .0	.0	.0	.0	.2
Beverages	.02	.01	.0	† .0	.0	.0	.0	*
Females: (n = 4,816)								
Females 20 and over:								
Grain products	3.72	.29	.0	.01	*	*	*	4.0
Vegetables	1.54	.17	.0	*	*	.0	*	1.7
Fruits	.10	.03	.0	.0	.0	.0	.0	.1
Milk and milk products	.22	.10	† .0	*	† .0	† .0	*	.3
Meat, poultry, fish	2.28	.23	*	.07	.03	.01	.05	2.7
Eggs	.32	.02	† .0	.02	*	† .0	*	.4
Legumes	.20	.03	.0	*	.0	.0	† .0	.2
Fats and oils	2.44	.28	† .0	† *	.0	.0	† .0	2.7
Nuts and seeds	.38	.01	.0	† .0	.0	.0	.0	.4
Sugars and sweets	.09	*	.0	† .0	.0	.0	.0	.1
Beverages	.01	.01	.0	.0	.0	.0	.0	*

† See "Statistical notes," appendix B.

* Value less than 0.005 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 26.--Weight status: Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by sex and age, 1994-96

Sex and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
	Percent		*Percent*		
Males:					
20-29	7.3	25.3	21.5	45.9	12.5
30-39	8.3	26.5	32.3	62.1	16.3
40-49	7.0	27.3	37.0	68.5	21.3
50-59	4.6	27.3	39.9	70.5	21.4
60-69	3.4	27.1	40.7	67.0	21.1
70 and over	3.4	25.2	22.1	50.1	11.3
20 and over	33.9	26.4	31.8	60.4	17.2
Females:					
20-29	7.0	24.2	22.1	33.5	12.7
30-39	8.8	25.2	27.4	40.2	16.6
40-49	6.9	26.5	36.1	51.2	23.4
50-59	5.2	26.8	37.8	55.5	23.8
60-69	4.1	26.6	37.8	56.2	21.1
70 and over	4.9	25.6	33.4	50.1	18.4
20 and over	36.8	25.7	31.5	46.4	19.0
All individuals 20 and over	70.7	26.1	31.7	53.2	18.1

Notes: Based on self-reported height and weight; excludes individuals not reporting height or weight.
Excludes pregnant women.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 27.--Physical activity: Frequency of vigorous exercise among individuals 20 years of age and older, by sex and age, 1994-96

Sex and age (years)	Percentage of population	Daily	5 - 6 times per week	2 - 4 times per week	Once a week	1 - 3 times per month	Rarely or never	Don't know	Not ascertained
	Percent	*Percent*							
Males:									
20-29	7.3	30.3	9.3	29.0	8.9	5.6	16.6	† 0.0	0.2
30-39	8.3	23.5	9.0	29.7	9.2	6.8	21.8	† .0	.1
40-49	7.0	21.4	8.8	26.6	9.4	5.8	27.4	† .2	.3
50-59	4.6	22.4	7.2	23.4	8.8	4.2	33.4	† .0	.6
60-69	3.4	27.6	5.8	18.1	4.7	3.8	39.4	† .0	.7
70 and over	3.4	20.5	3.7	14.3	3.6	2.5	54.6	† .0	.8
20 and over	33.9	24.5	7.9	25.4	8.1	5.3	28.4	† *	.4
Females:									
20-29	7.0	12.1	6.2	27.1	10.5	7.9	35.8	† .0	.3
30-39	8.8	13.2	6.4	26.5	10.4	8.9	34.6	† .0	.0
40-49	6.9	11.3	6.5	25.3	9.4	7.3	39.5	† .0	.7
50-59	5.2	15.1	8.2	21.2	6.6	5.1	43.2	† .0	.6
60-69	4.1	16.4	4.0	16.7	5.4	4.2	53.2	† .0	.2
70 and over	4.9	10.5	3.0	9.8	2.7	2.2	71.1	† .0	.7
20 and over	36.8	12.9	5.9	22.3	8.1	6.5	43.9	† .0	.4
All 20 and over	70.7	18.5	6.9	23.8	8.1	5.9	36.5	† *	.4

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 28.--Vitamin and mineral supplements: Percentages of individuals using and type, by sex and age, 1994-96

Sex and age (years)	Percentage of population	Individuals using supplements	Type of supplement			
			Multivitamin	Multivitamin with iron or other minerals	Combination of vitamin C and iron	Single vitamins/ minerals
	Percent	*Percent of individuals*				
Males and females:						
Under 1	1.1	15.3	5.6	5.6	† 0.2	† 4.3
1-2	3.1	44.9	21.3	19.0	1.6	4.3
3-5	4.7	56.1	27.6	24.3	2.7	4.9
5 and under	8.9	47.1	22.6	20.1	2.0	4.6
Males:						
6-11	4.6	46.1	23.9	17.1	2.4	5.6
12-19	5.8	29.2	14.6	7.6	3.0	8.8
20-29	7.3	36.4	18.8	9.7	3.2	9.6
30-39	8.3	39.7	20.6	14.1	3.1	10.2
40-49	7.0	43.8	20.6	14.1	† 1.5	15.6
50-59	4.6	43.8	21.6	12.0	2.3	19.2
60-69	3.4	47.6	20.5	15.4	1.5	22.7
70 and over	3.4	47.1	19.2	15.7	2.4	20.1
20 and over	33.9	41.9	20.2	13.2	2.5	14.6
Females:						
6-11	4.4	41.7	20.1	15.7	2.2	6.3
12-19	5.6	39.3	15.7	12.5	4.0	11.8
20-29	7.0	52.0	22.7	21.9	3.9	13.7
30-39	8.8	54.4	19.8	25.6	3.5	17.5
40-49	6.9	56.7	21.9	21.8	3.7	23.8
50-59	5.2	62.6	24.5	20.7	4.7	32.7
60-69	4.1	57.3	21.5	19.4	2.6	30.9
70 and over	4.9	53.6	23.1	15.7	2.7	23.2
20 and over	36.8	55.8	22.1	21.5	3.6	22.4
All individuals	100.0	46.8	20.7	16.8	2.9	15.3

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 1se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	Percent	*Kilocalories*	*Grams*					*Milligrams*
Males and females:								
Under 1	1.1	19	0.8	0.9	0.4	0.4	0.2	5
1-2	3.1	16	0.7	0.9	0.4	0.3	0.1	6
3-5	4.7	21	0.8	1.0	0.4	0.4	0.2	4
5 and under	8.9	17	0.7	0.8	0.3	0.3	0.1	3
Males:								
6-11	4.6	27	1.0	1.2	0.5	0.5	0.3	6
12-19	5.8	45	1.6	2.0	0.8	0.8	0.5	9
20-29	7.3	59	2.1	2.6	0.9	1.0	0.6	12
30-39	8.3	69	2.3	3.4	1.4	1.2	0.7	10
40-49	7.0	48	1.9	2.5	0.9	1.0	0.5	11
50-59	4.6	31	1.6	1.7	0.6	0.7	0.4	8
60-69	3.4	33	1.6	1.7	0.6	0.7	0.3	11
70 and over	3.4	28	1.2	1.4	0.6	0.6	0.4	8
20 and over	33.9	29	1.1	1.3	0.5	0.5	0.2	5
Females:								
6-11	4.4	30	1.3	1.4	0.6	0.5	0.3	6
12-19	5.6	35	1.0	1.3	0.5	0.6	0.3	7
20-29	7.0	42	1.5	1.7	0.7	0.7	0.4	8
30-39	8.8	31	1.0	1.5	0.6	0.6	0.3	6
40-49	6.9	23	1.0	1.4	0.5	0.6	0.4	6
50-59	5.2	27	1.2	1.4	0.5	0.6	0.4	6
60-69	4.1	21	0.9	1.1	0.4	0.4	0.3	7
70 and over	4.9	19	0.9	1.1	0.4	0.4	0.3	6
20 and over	36.8	13	0.5	0.7	0.2	0.3	0.2	3
All individuals	100.0	16	0.6	0.7	0.3	0.3	0.2	3

Note: Excludes breast-fed children.

Continued

Table 1se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	Grams		*Micrograms retinol equivalents*		*Milligrams alpha-tocopherol equivalents*	*Milligrams*	
Males and females:							
Under 1	2.7	0.3	58	38	0.4	4	0.03
1-2	2.2	0.2	16	14	0.1	3	0.02
3-5	2.9	0.2	24	16	0.1	3	0.02
5 and under	2.3	0.2	18	11	0.1	2	0.02
Males:							
6-11	3.9	0.3	27	23	0.2	4	0.03
12-19	6.7	0.5	42	35	0.3	6	0.05
20-29	6.7	0.4	54	33	0.4	5	0.05
30-39	8.1	0.5	51	32	0.5	4	0.05
40-49	5.5	0.4	63	42	0.3	5	0.04
50-59	4.1	0.4	62	30	0.3	4	0.03
60-69	4.5	0.5	66	37	0.4	3	0.04
70 and over	4.1	0.5	69	41	0.3	3	0.03
20 and over	3.7	0.2	32	16	0.2	2	0.02
Females:							
6-11	4.0	0.2	32	21	0.3	3	0.03
12-19	6.1	0.4	37	26	0.2	6	0.03
20-29	5.7	0.3	57	48	0.2	4	0.04
30-39	4.1	0.3	47	37	0.2	3	0.02
40-49	3.1	0.3	42	32	0.3	5	0.03
50-59	3.1	0.3	50	31	0.2	4	0.03
60-69	3.1	0.3	43	30	0.2	3	0.02
70 and over	2.3	0.3	55	36	0.2	3	0.02
20 and over	1.7	0.1	23	16	0.1	2	0.01
All individuals	2.1	0.1	17	11	0.1	2	0.01

Note: Excludes breast-fed children.

Continued

Table 1se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Milligrams			*Micrograms*		*Milligrams*	
Males and females:							
Under 1	0.04	0.3	0.03	4	0.48	22	19
1-2	0.02	0.2	0.02	3	0.06	14	13
3-5	0.03	0.2	0.03	5	0.12	14	14
5 and under	0.02	0.2	0.02	3	0.12	11	12
Males:							
6-11	0.04	0.4	0.03	6	0.13	18	16
12-19	0.06	0.6	0.05	11	0.22	32	32
20-29	0.06	0.8	0.06	9	0.43	30	29
30-39	0.07	0.7	0.06	8	1.28	34	43
40-49	0.04	0.6	0.05	7	0.57	20	28
50-59	0.04	0.5	0.03	8	0.70	14	20
60-69	0.05	0.6	0.06	9	0.46	20	24
70 and over	0.04	0.4	0.05	8	0.51	17	18
20 and over	0.03	0.4	0.03	4	0.41	14	18
Females:							
6-11	0.04	0.4	0.04	8	0.18	23	23
12-19	0.03	0.4	0.04	7	0.16	16	17
20-29	0.05	0.5	0.03	7	0.26	29	31
30-39	0.03	0.4	0.03	6	0.28	13	15
40-49	0.04	0.4	0.04	7	0.47	18	16
50-59	0.03	0.4	0.03	6	0.33	14	18
60-69	0.03	0.3	0.03	5	0.33	14	15
70 and over	0.03	0.3	0.03	5	0.44	15	16
20 and over	0.02	0.2	0.02	3	0.14	8	9
All individuals	0.02	0.2	0.01	2	0.18	7	9

Note: Excludes breast-fed children.

Continued

Table 1se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Milligrams					
Males and females:						
Under 1	4	0.5	0.2	*	30	31
1-2	2	0.2	0.1	*	36	24
3-5	3	0.2	0.2	*	42	33
5 and under	2	0.2	0.1	*	35	26
Males:						
6-11	4	0.3	0.2	*	52	41
12-19	7	0.6	0.3	*	104	76
20-29	8	0.5	0.3	*	120	55
30-39	8	0.8	0.6	*	91	89
40-49	6	0.4	0.3	*	83	63
50-59	5	0.4	0.5	*	78	44
60-69	6	0.4	0.4	*	66	54
70 and over	5	0.4	0.4	*	55	51
20 and over	4	0.3	0.2	*	53	35
Females:						
6-11	4	0.3	0.3	*	51	38
12-19	4	0.3	0.2	*	58	49
20-29	4	0.4	0.3	*	83	50
30-39	5	0.3	0.2	*	42	34
40-49	4	0.3	0.2	*	48	35
50-59	4	0.3	0.2	*	52	44
60-69	3	0.3	0.1	*	48	31
70 and over	4	0.3	0.3	*	54	37
20 and over	2	0.1	0.1	*	26	19
All individuals	2	0.1	0.1	*	30	21

* Value less than 0.05 but greater than zero.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 2se.--Nutrient intakes: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent	*Percent of RDA*							
Males and females:									
Under 1	1.1	2	6	16	11	12	8	8	5
1-2	3.1	1	5	4	1	7	2	3	3
3-5	4.7	1	4	5	2	6	3	3	2
5 and under	8.9	1	3	4	2	5	2	3	2
Males:									
6-11	4.6	1	4	4	2	8	3	3	3
12-19	5.8	2	3	4	3	11	3	4	3
20-29	7.3	2	3	5	4	8	3	4	4
30-39	8.3	2	4	5	5	7	3	4	4
40-49	7.0	2	3	6	3	8	3	2	3
50-59	4.6	1	3	6	3	7	2	3	3
60-69	3.4	1	3	7	4	5	3	3	4
70 and over	3.4	1	2	7	3	6	3	3	3
20 and over	33.9	1	2	3	2	3	2	2	2
Females:									
6-11	4.4	2	4	6	4	7	3	4	3
12-19	5.6	2	2	5	3	10	2	2	3
20-29	7.0	2	3	7	3	7	3	4	3
30-39	8.8	1	2	6	3	6	2	2	3
40-49	6.9	1	2	5	4	8	3	3	3
50-59	5.2	1	2	6	3	7	3	3	3
60-69	4.1	1	2	5	2	5	2	2	3
70 and over	4.9	1	2	7	3	6	2	2	3
20 and over	36.8	1	1	3	1	3	1	1	1
All individuals	100.0	1	1	2	1	3	1	1	1

Note: Excludes breast-fed children.

Continued

Table 2se.--Nutrient intakes: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
	Percent of RDA							
Males and females:								
Under 1	5	12	98	4	4	6	6	3
1-2	2	7	9	2	2	3	2	1
3-5	3	9	13	2	2	3	2	2
5 and under	2	6	18	1	1	2	2	1
Males:								
6-11	3	7	10	2	2	3	3	2
12-19	3	6	11	3	3	2	5	2
20-29	3	4	21	3	3	2	5	2
30-39	3	4	64	4	5	2	8	4
40-49	2	3	28	3	4	2	4	2
50-59	2	4	35	2	2	1	4	3
60-69	3	5	23	2	3	2	4	2
70 and over	2	4	26	2	2	2	4	2
20 and over	1	2	20	2	2	1	3	2
Females:								
6-11	3	8	16	3	3	3	3	2
12-19	3	4	8	1	1	2	2	2
20-29	2	4	13	3	3	2	2	2
30-39	2	3	14	2	2	2	2	2
40-49	3	4	23	2	2	1	2	2
50-59	2	3	17	2	2	2	3	2
60-69	2	3	16	2	2	1	3	1
70 and over	2	3	22	2	2	1	3	2
20 and over	1	1	7	1	1	1	1	1
All individuals	1	2	9	1	1	1	1	1

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	1.4	2.0	3.6	1.3	1.7	2.9	--	1.3	1.8
1-2	3.1	.4	1.1	1.6	.2	.2	.4	.6	.9	1.1
3-5	4.7	.6	1.2	1.3	--	.2	.3	.7	1.0	1.4
5 and under	8.9	.5	.8	1.1	.2	.3	.6	.5	.7	1.0
Males:										
6-11	4.6	.7	1.9	2.2	--	.1	.7	1.5	2.1	2.0
12-19	5.8	.7	1.6	2.4	.2	.6	1.2	2.1	2.1	2.0
20-29	7.3	1.3	2.2	2.6	.5	.8	1.4	2.3	2.3	2.0
30-39	8.2	1.4	2.0	2.4	.3	1.3	1.9	2.3	2.7	2.5
40-49	6.9	1.2	1.6	1.8	.5	.9	1.3	1.7	2.0	2.0
50-59	4.6	1.0	1.8	2.2	.3	1.4	1.7	2.1	2.6	2.4
60-69	3.4	.9	1.8	1.8	.5	1.1	1.9	1.4	1.8	1.8
70 and over	3.3	1.5	1.8	1.7	.8	1.8	1.9	1.6	1.8	2.2
20 and over	33.9	.6	.9	1.2	.2	.6	.7	.9	1.0	1.1
Females:										
6-11	4.4	1.0	2.1	1.8	.4	.5	.9	1.5	2.3	2.8
12-19	5.6	1.6	2.9	2.3	.5	1.4	2.1	1.9	1.9	1.9
20-29	7.0	2.0	2.4	1.6	.6	1.5	2.1	2.7	3.2	2.5
30-39	8.7	1.0	1.9	1.8	.8	1.4	1.6	2.2	1.8	1.8
40-49	6.9	1.1	2.1	1.4	.5	1.3	1.7	2.0	2.0	1.9
50-59	5.2	1.1	1.8	1.9	.6	1.4	1.8	1.6	2.2	2.7
60-69	4.2	1.4	2.0	1.6	.8	1.6	2.1	1.5	2.0	1.8
70 and over	4.8	1.3	1.7	1.3	.8	2.0	2.3	2.1	3.0	2.9
20 and over	36.8	.6	1.1	.9	.3	.6	.9	1.1	1.1	1.1
All individuals	100.0	.4	.7	.7	.1	.4	.5	.7	.8	.8

-- Estimated percent is zero.

Continued

Note: Excludes breast-fed children.

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	1.3	1.6	1.9	.3	.5	.5	--	.3	1.8
1-2	3.1	1.4	1.3	1.2	.8	1.0	1.4	.3	.6	1.2
3-5	4.7	1.4	1.6	1.3	.8	1.0	1.2	.2	.6	1.2
5 and under	8.9	1.0	1.2	1.1	.6	.7	1.0	.2	.4	.9
Males:										
6-11	4.6	1.6	2.0	1.8	1.0	1.5	1.9	.4	.8	1.6
12-19	5.8	1.6	2.5	2.3	1.3	1.7	2.2	.4	1.0	2.0
20-29	7.3	1.3	2.5	2.4	2.0	2.1	2.4	.9	1.6	2.6
30-39	8.2	1.2	1.8	2.4	1.5	1.5	1.9	.7	1.5	2.4
40-49	6.9	1.5	1.9	1.8	1.5	2.0	2.4	.9	1.5	1.8
50-59	4.6	1.6	2.1	2.0	1.4	2.2	2.2	1.0	1.3	2.1
60-69	3.4	1.7	1.8	1.7	1.4	1.6	1.9	.5	1.0	1.9
70 and over	3.3	1.4	2.1	2.1	1.3	2.0	2.1	.6	1.3	1.6
20 and over	33.9	.6	.9	1.1	.7	.9	1.1	.4	.7	1.0
Females:										
6-11	4.4	1.1	2.1	2.1	1.3	1.6	2.0	.3	1.2	2.0
12-19	5.6	2.0	2.0	2.0	1.4	2.2	2.2	.8	1.9	2.2
20-29	7.0	2.1	2.6	2.0	1.7	2.0	2.3	1.3	2.7	2.5
30-39	8.7	1.7	2.0	1.7	1.8	2.3	2.3	1.0	1.2	1.4
40-49	6.9	1.4	1.9	1.9	1.9	2.4	2.2	.6	1.3	2.1
50-59	5.2	2.0	1.7	2.0	1.1	2.0	2.0	.5	1.3	1.8
60-69	4.2	2.0	2.4	1.8	1.6	1.8	1.6	.9	1.5	2.3
70 and over	4.8	2.1	1.7	1.8	1.8	1.7	2.1	.7	1.5	2.0
20 and over	36.8	1.0	1.2	1.0	.9	1.1	1.2	.4	.6	.9
All individuals	100.0	.7	.8	.8	.5	.7	.9	.2	.4	.7

-- Estimated percent is zero.

Note: Excludes breast-fed children.

Continued

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	--	1.3	1.3	.3	1.7	1.9	--	2.0	4.3
1-2	3.1	.2	.4	.7	.6	1.2	1.6	.6	1.4	1.6
3-5	4.7	.2	.5	.8	.4	.9	1.2	.5	1.1	1.5
5 and under	8.9	.1	.3	.6	.2	.6	.9	.4	.9	1.2
Males:										
6-11	4.6	.2	.4	1.2	.3	1.0	1.7	1.0	1.6	2.4
12-19	5.8	.6	1.5	1.6	.4	1.1	1.7	1.2	1.9	2.0
20-29	7.3	.9	1.8	2.2	.7	1.4	2.4	1.3	2.7	2.7
30-39	8.2	.8	2.0	2.5	.5	1.1	2.0	1.5	2.2	3.0
40-49	6.9	.9	1.6	1.7	.4	1.0	1.3	1.1	1.4	1.7
50-59	4.6	.8	1.4	2.2	.6	1.1	1.7	1.4	1.9	1.7
60-69	3.4	.5	1.2	1.3	.3	.8	1.4	1.0	1.9	2.2
70 and over	3.3	.5	1.3	1.7	.6	1.0	1.6	1.5	1.9	2.0
20 and over	33.9	.4	.8	1.0	.3	.6	1.0	.5	1.2	1.2
Females:										
6-11	4.4	.2	1.1	1.8	.6	1.5	2.5	1.0	2.1	2.5
12-19	5.6	1.3	2.1	2.3	.7	1.5	2.1	1.3	2.1	2.0
20-29	7.0	1.8	2.1	2.8	.8	2.5	2.9	1.9	2.3	2.3
30-39	8.7	.7	1.4	2.1	.6	1.1	1.6	1.4	1.6	2.0
40-49	6.9	.7	1.6	2.1	.5	1.2	1.7	1.0	1.7	1.9
50-59	5.2	.6	1.3	2.0	.5	1.0	1.4	1.3	1.7	1.9
60-69	4.2	.8	1.4	1.9	.8	1.6	1.9	1.5	1.7	1.9
70 and over	4.8	.9	1.7	2.1	.7	1.5	2.4	1.6	1.9	2.3
20 and over	36.8	.4	.8	1.3	.3	.6	1.1	.6	.9	1.0
All individuals	100.0	.3	.5	.8	.2	.4	.7	.3	.7	.8

-- Estimated percent is zero.

Continued

Note: Excludes breast-fed children.

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	--	--	.3	1.3	1.3	1.3	1.4	2.8	4.0
1-2	3.1	--	.1	.4	.2	.3	.4	.9	1.5	1.8
3-5	4.7	.1	.2	.4	.2	.2	.3	1.1	1.4	1.5
5 and under	8.9	*	.1	.2	.2	.2	.3	.8	1.1	1.3
Males:										
6-11	4.6	.2	.4	.8	--	.3	.6	.7	2.0	2.5
12-19	5.8	.7	1.5	1.8	.4	.8	1.2	1.7	2.1	2.3
20-29	7.3	1.1	1.9	2.7	1.0	1.1	1.5	1.7	2.3	2.3
30-39	8.2	1.0	1.8	2.0	1.1	1.3	1.5	1.8	2.6	2.5
40-49	6.9	1.2	1.5	1.6	.4	.9	1.2	1.3	1.6	2.2
50-59	4.6	1.1	1.9	2.3	.7	1.1	1.4	1.6	2.3	1.6
60-69	3.4	.8	1.4	1.9	.7	1.1	1.3	1.2	1.9	2.3
70 and over	3.3	1.1	1.6	1.7	.7	1.0	1.8	1.6	2.2	1.8
20 and over	33.9	.5	.8	1.1	.4	.5	.7	.9	1.0	1.0
Females:										
6-11	4.4	.3	.7	1.3	.4	.5	.9	1.2	2.3	2.5
12-19	5.6	1.4	1.7	1.6	1.4	1.9	1.9	2.2	1.4	1.2
20-29	7.0	1.4	2.4	2.9	1.8	2.1	2.6	2.8	2.7	1.9
30-39	8.7	1.1	1.8	2.2	1.0	1.5	1.8	1.6	1.8	1.8
40-49	6.9	1.2	1.5	2.1	.9	1.4	1.6	2.0	2.3	1.8
50-59	5.2	1.3	1.6	2.2	.9	1.2	1.9	1.6	2.0	1.7
60-69	4.2	1.1	1.9	2.1	1.1	1.7	2.1	2.0	1.9	1.5
70 and over	4.8	1.0	1.5	1.9	1.0	1.8	2.2	2.0	2.2	1.8
20 and over	36.8	.4	.9	1.1	.5	.6	.9	1.0	1.1	.8
All individuals	100.0	.3	.5	.7	.3	.4	.5	.7	.8	.7

-- Estimated percent is zero.

Continued

* Value less than 0.05 but greater than zero.

Note: Excludes breast-fed children.

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	1.4	2.9	4.3	--	1.5	1.8	1.6	2.0	2.3
1-2	3.1	.4	1.1	1.6	*	.3	.5	1.0	1.6	1.8
3-5	4.7	.3	.9	1.4	.1	.3	.7	.4	1.1	1.4
5 and under	8.9	.2	.8	1.2	.1	.3	.5	.4	.8	1.2
Males:										
6-11	4.6	.3	.8	1.9	.4	1.1	1.9	.6	.8	1.7
12-19	5.8	.5	1.0	1.9	1.2	2.6	2.4	.4	.8	1.7
20-29	7.3	.4	1.2	2.0	1.6	2.3	2.2	.3	.7	1.7
30-39	8.2	.4	.7	1.9	1.2	2.5	2.5	.3	1.0	2.1
40-49	6.9	.7	1.0	1.2	1.2	1.4	1.8	.3	.9	1.3
50-59	4.6	.3	.8	1.6	1.5	1.9	2.1	.4	1.0	1.6
60-69	3.4	.2	.7	1.4	1.3	2.2	1.9	.4	.9	1.4
70 and over	3.3	.4	1.3	1.8	1.5	1.9	1.6	.6	1.2	1.6
20 and over	33.9	.2	.4	.9	.7	1.1	1.0	.2	.4	.8
Females:										
6-11	4.4	.4	1.0	2.0	.5	1.3	2.3	.7	1.4	2.3
12-19	5.6	1.7	2.2	1.6	2.1	2.1	1.4	1.8	2.0	2.4
20-29	7.0	1.7	2.2	2.7	1.9	2.4	1.8	2.3	2.8	2.0
30-39	8.7	.7	1.2	1.7	1.3	2.0	2.1	1.7	2.1	1.7
40-49	6.9	.7	1.3	2.0	1.4	2.3	2.0	1.2	2.3	1.6
50-59	5.2	.4	1.0	1.7	.9	1.7	1.6	1.0	1.8	2.1
60-69	4.2	.9	1.6	1.8	1.7	1.7	1.6	.9	2.0	2.0
70 and over	4.8	.9	1.7	2.2	1.7	2.1	1.6	.8	1.9	2.0
20 and over	36.8	.4	.7	1.0	.6	1.1	1.0	.6	1.2	.9
All individuals	100.0	.2	.4	.7	.5	.8	.8	.3	.6	.7

-- Estimated percent is zero.

Continued

* Value less than 0.05 but greater than zero.

Note: Excludes breast-fed children.

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1994-96--continued

Sex and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
	Percent	*Percent of individuals*		
Males and females:				
Under 1	1.1	1.4	2.5	3.4
1-2	3.1	1.3	1.8	1.2
3-5	4.7	1.1	1.5	1.5
5 and under	8.9	.9	1.3	1.1
Males:				
6-11	4.6	1.1	2.2	2.3
12-19	5.8	.9	1.7	1.8
20-29	7.3	1.7	2.8	2.4
30-39	8.2	1.8	2.6	2.6
40-49	6.9	1.1	1.7	1.4
50-59	1.0	1.6	1.7	2.0
60-69	3.4	1.8	2.9	2.4
70 and over	3.3	1.9	2.0	1.5
20 and over	33.9	.7	1.0	.9
Females:				
6-11	4.4	1.6	2.9	2.5
12-19	5.6	2.0	2.4	1.9
20-29	7.0	2.1	2.3	2.0
30-39	8.7	1.6	1.8	1.4
40-49	6.9	1.3	2.1	1.6
50-59	5.2	1.7	1.8	1.5
60-69	4.2	1.9	1.9	1.2
70 and over	4.8	2.1	2.6	1.6
20 and over	36.8	.8	.9	.8
All individuals	100.0	.6	.8	.7

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	3.6	3.1	1.2	2.9	3.5	3.0	1.8	3.2	4.6
1-2	3.1	1.6	1.0	.3	.4	.7	1.3	1.1	1.8	1.5
3-5	4.7	1.3	.6	.2	.3	.9	1.4	1.4	1.4	1.5
5 and under	8.9	1.1	.7	.2	.6	1.0	1.2	1.0	1.2	1.1
Males:										
6-11	4.6	2.2	.7	.3	.7	2.0	2.2	2.0	2.1	1.4
12-19	5.8	2.4	1.2	.3	1.2	1.9	2.0	2.0	1.7	1.2
20-29	7.3	2.6	1.0	.4	1.4	2.9	1.9	2.0	1.4	1.0
30-39	8.2	2.4	2.2	2.0	1.9	2.3	2.5	2.5	2.4	2.3
40-49	6.9	1.8	.7	.3	1.3	2.0	1.3	2.0	1.5	1.2
50-59	4.6	2.2	.8	.3	1.7	1.9	1.0	2.4	1.9	1.4
60-69	3.4	1.8	.7	.2	1.9	2.1	1.2	1.8	2.3	1.5
70 and over	3.3	1.7	.4	.1	1.9	1.6	.7	2.2	1.7	1.5
20 and over	33.9	1.2	.6	.5	.7	1.1	.8	1.1	.9	.7
Females:										
6-11	4.4	1.8	.4	--	.9	2.0	2.3	2.8	2.4	1.9
12-19	5.6	2.3	.7	.4	2.1	2.2	1.5	1.9	1.7	1.4
20-29	7.0	1.6	.5	.1	2.1	1.6	1.2	2.5	1.9	1.3
30-39	8.7	1.8	.5	--	1.6	1.7	1.1	1.8	1.6	1.3
40-49	6.9	1.4	.4	--	1.7	1.6	.9	1.9	1.5	1.3
50-59	5.2	1.9	.5	--	1.8	1.7	.9	2.7	2.0	1.6
60-69	4.2	1.6	.3	.1	2.1	1.8	.8	1.8	1.8	1.4
70 and over	4.8	1.3	.1	--	2.3	1.4	1.0	2.9	2.1	1.7
20 and over	36.8	.9	.2	*	.9	.7	.4	1.1	.9	.6
All individuals	100.0	.7	.3	.2	.5	.6	.5	.8	.6	.5

-- Estimated percent is zero.

* Value less than 0.05 but greater than 0.

Continued

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	1.9	2.0	3.0	.5	1.5	2.9	1.8	3.5	4.1
1-2	3.1	1.2	.9	.6	1.4	1.6	1.5	1.2	1.5	1.3
3-5	4.7	1.3	.8	.4	1.2	1.5	1.4	1.2	1.4	1.3
5 and under	8.9	1.1	1.1	.9	1.0	1.1	1.2	.9	1.2	1.2
Males:										
6-11	4.6	1.8	1.2	.6	1.9	2.0	1.9	1.6	2.6	2.0
12-19	5.8	2.3	1.7	.5	2.2	2.5	2.2	2.0	2.5	1.5
20-29	7.3	2.4	1.2	.7	2.4	2.6	2.3	2.6	2.2	1.4
30-39	8.2	2.4	2.4	2.2	1.9	2.3	2.2	2.4	2.5	2.2
40-49	6.9	1.8	1.3	.8	2.4	2.2	1.8	1.8	1.9	.9
50-59	4.6	2.0	1.4	.9	2.2	2.2	2.4	2.1	2.2	1.3
60-69	3.4	1.7	1.0	1.0	1.9	2.0	1.8	1.9	2.3	1.7
70 and over	3.3	2.1	.9	.6	2.1	1.7	1.9	1.6	1.7	1.2
20 and over	33.9	1.1	.7	.5	1.1	1.2	1.2	1.0	1.1	.7
Females:										
6-11	4.4	2.1	1.0	.7	2.0	2.5	2.3	2.0	2.4	1.6
12-19	5.6	2.0	1.1	.5	2.2	2.5	2.5	2.2	1.9	1.2
20-29	7.0	2.0	1.3	1.2	2.3	2.7	1.8	2.5	1.8	1.1
30-39	8.7	1.7	1.2	.7	2.3	2.0	1.9	1.4	1.7	1.3
40-49	6.9	1.9	1.2	.9	2.2	1.6	1.6	2.1	1.8	.9
50-59	5.2	2.0	1.2	.8	2.0	2.1	1.8	1.8	1.7	1.2
60-69	4.2	1.8	.9	.7	1.6	1.8	1.6	2.3	2.0	1.2
70 and over	4.8	1.8	1.0	.7	2.1	1.8	2.0	2.0	1.8	1.3
20 and over	36.8	1.0	.4	.3	1.2	1.0	.8	.9	.9	.6
All individuals	100.0	.8	.4	.2	.9	.8	.8	.7	.7	.4

Note: Excludes breast-fed children.

Continued

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	1.3	2.5	3.2	1.9	3.8	3.9	4.3	4.2	3.2
1-2	3.1	.7	1.4	1.8	1.6	1.5	1.2	1.6	1.4	.8
3-5	4.7	.8	1.4	1.6	1.2	1.5	1.3	1.5	1.6	1.1
5 and under	8.9	.6	1.1	1.4	.9	1.3	1.2	1.2	1.1	.9
Males:										
6-11	4.6	1.2	2.2	2.2	1.7	2.4	1.8	2.4	2.4	1.2
12-19	5.8	1.6	2.3	2.0	1.7	2.1	1.7	2.0	1.9	1.0
20-29	7.3	2.2	2.5	1.5	2.4	2.5	2.1	2.7	1.9	.9
30-39	8.2	2.5	2.5	2.3	2.0	2.7	2.2	3.0	2.1	2.1
40-49	6.9	1.7	1.8	1.5	1.3	1.8	1.7	1.7	1.3	.8
50-59	4.6	2.2	1.8	1.3	1.7	2.2	2.2	1.7	1.4	.8
60-69	3.4	1.3	2.1	2.0	1.4	2.0	2.0	2.2	1.8	.9
70 and over	3.3	1.7	1.8	1.3	1.6	1.6	1.5	2.0	1.2	.7
20 and over	33.9	1.0	1.1	.8	1.0	1.1	1.1	1.2	.9	.6
Females:										
6-11	4.4	1.8	2.7	2.3	2.5	2.3	1.3	2.5	1.9	.8
12-19	5.6	2.3	1.6	1.4	2.1	1.8	1.0	2.0	1.3	.9
20-29	7.0	2.8	1.9	1.2	2.9	2.0	1.2	2.3	1.4	.6
30-39	8.7	2.1	1.3	.8	1.6	1.7	1.2	2.0	1.3	.6
40-49	6.9	2.1	1.7	.8	1.7	1.4	1.0	1.9	1.1	.7
50-59	5.2	2.0	1.7	1.0	1.4	2.2	1.4	1.9	1.2	.5
60-69	4.2	1.9	2.1	1.4	1.9	1.9	1.3	1.9	1.2	.6
70 and over	4.8	2.1	1.6	1.5	2.4	1.8	1.1	2.3	1.0	.7
20 and over	36.8	1.3	.9	.6	1.1	.8	.6	1.0	.6	.2
All individuals	100.0	.8	.7	.5	.7	.6	.5	.8	.5	.3

Note: Excludes breast-fed children.

Continued

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	.3	1.3	1.9	1.3	1.3	1.5	4.0	4.4	3.0
1-2	3.1	.4	.7	1.2	.4	.6	.9	1.8	1.3	.6
3-5	4.7	.4	.8	1.2	.3	.9	1.2	1.5	1.0	.5
5 and under	8.9	.2	.4	1.0	.3	.6	.7	1.3	.9	.5
Males:										
6-11	4.6	.8	2.0	2.4	.6	1.7	2.6	2.5	1.7	.7
12-19	5.8	1.8	2.1	2.4	1.2	1.9	2.2	2.3	1.7	.9
20-29	7.3	2.7	2.5	2.3	1.5	2.7	2.8	2.3	1.3	1.0
30-39	8.2	2.0	2.6	2.4	1.5	2.3	2.5	2.5	2.3	2.2
40-49	6.9	1.6	1.7	1.4	1.2	1.6	1.4	2.2	1.6	1.1
50-59	4.6	2.3	2.3	1.6	1.4	1.9	2.1	1.6	1.4	.6
60-69	3.4	1.9	2.3	1.7	1.3	1.8	1.8	2.3	1.3	.6
70 and over	3.3	1.7	2.0	1.6	1.8	1.9	2.1	1.8	1.5	.5
20 and over	33.9	1.1	1.3	1.1	.7	1.0	.9	1.0	.8	.7
Females:										
6-11	4.4	1.3	2.8	2.5	.9	1.7	2.5	2.5	1.6	.7
12-19	5.6	1.6	2.2	1.7	1.9	1.8	1.7	1.2	.5	.2
20-29	7.0	2.9	2.0	1.2	2.6	3.1	2.8	1.9	.9	.5
30-39	8.7	2.2	1.7	1.5	1.8	1.9	1.4	1.8	.9	.5
40-49	6.9	2.1	1.9	1.2	1.6	1.9	2.0	1.8	.8	.4
50-59	5.2	2.2	2.0	1.2	1.9	2.1	1.9	1.7	.8	.4
60-69	4.2	2.1	1.6	1.2	2.1	2.1	1.7	1.5	.9	.3
70 and over	4.8	1.9	1.8	1.7	2.2	2.5	2.2	1.8	1.0	.4
20 and over	36.8	1.1	1.0	.7	.9	1.1	1.0	.8	.3	.2
All individuals	100.0	.7	.8	.6	.5	.7	.7	.7	.4	.3

Note: Excludes breast-fed children.

Continued

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	*Percent of individuals*								
Males and females:										
Under 1	1.1	4.3	4.3	2.8	1.8	3.8	4.3	2.3	3.7	4.5
1-2	3.1	1.6	1.6	.6	.5	1.0	1.7	1.8	1.4	.5
3-5	4.7	1.4	1.2	.7	.7	1.4	1.5	1.4	1.2	.8
5 and under	8.9	1.2	1.1	.6	.5	1.1	1.4	1.2	1.1	.8
Males:										
6-11	4.6	1.9	2.3	1.1	1.9	2.3	1.4	1.7	2.0	1.5
12-19	5.8	1.9	2.3	1.4	2.4	1.2	.6	1.7	2.5	1.8
20-29	7.3	2.0	2.8	2.0	2.2	1.3	.6	1.7	2.6	2.1
30-39	8.2	1.9	2.2	2.2	2.5	2.2	.5	2.1	2.7	2.3
40-49	6.9	1.2	1.5	1.8	1.8	1.0	.4	1.3	1.9	1.6
50-59	4.6	1.6	2.1	1.7	2.1	.9	.3	1.6	2.2	1.9
60-69	3.4	1.4	2.0	1.6	1.9	.8	.2	1.4	2.6	2.1
70 and over	3.3	1.8	1.8	1.3	1.6	.7	.3	1.6	2.3	1.6
20 and over	33.9	.9	1.1	1.0	1.0	.7	.2	.8	1.1	.9
Females:										
6-11	4.4	2.0	2.2	1.4	2.3	2.3	1.1	2.3	2.0	1.6
12-19	5.6	1.6	1.1	.3	1.4	.7	.2	2.4	1.2	.6
20-29	7.0	2.7	1.8	.8	1.8	.8	.5	2.0	1.5	.7
30-39	8.7	1.7	1.7	.9	2.1	.7	.3	1.7	1.1	.6
40-49	6.9	2.0	1.8	.9	2.0	.6	.1	1.6	.8	.7
50-59	5.2	1.7	1.7	.9	1.6	.9	.1	2.1	1.8	.8
60-69	4.2	1.8	1.7	.8	1.6	.7	.2	2.0	1.9	1.2
70 and over	4.8	2.2	1.6	1.2	1.6	.8	.5	2.0	2.2	1.3
20 and over	36.8	1.0	.7	.5	1.0	.4	.1	.9	.7	.3
All individuals	100.0	.7	.7	.5	.8	.4	.2	.7	.6	.4

Note: Excludes breast-fed children.

Continued

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1994-96--continued

Sex and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	*Percent of individuals*		
Males and females:				
Under 1	1.1	3.4	3.9	2.0
1-2	3.1	1.2	.7	.3
3-5	4.7	1.5	.7	.3
5 and under	8.9	1.1	.7	.3
Males:				
6-11	4.6	2.3	1.3	.8
12-19	5.8	1.8	1.4	.9
20-29	7.3	2.4	1.0	.5
30-39	8.2	2.6	2.3	1.8
40-49	6.9	1.4	1.0	.3
50-59	4.6	2.0	1.1	.6
60-69	3.4	2.4	1.1	.7
70 and over	3.3	1.5	.7	.4
20 and over	33.9	.9	.8	.5
Females:				
6-11	4.4	2.5	1.4	.5
12-19	5.6	1.9	.8	.4
20-29	7.0	2.0	.8	.5
30-39	8.7	1.4	1.0	.4
40-49	6.9	1.6	.8	.6
50-59	5.2	1.5	.7	.4
60-69	4.2	1.2	.6	.2
70 and over	4.8	1.6	.6	.4
20 and over	36.8	.8	.3	.1
All individuals	100.0	.7	.4	.2

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 4se.--Nutrient intakes: Standard errors of mean percentages of calories from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	Percent	*Percent of kilocalories*						
Males and females:								
Under 1	1.1	0.2	0.5	0.3	0.3	0.2	0.6	*
1-2	3.1	0.1	0.3	0.2	0.1	0.1	0.4	*
3-5	4.7	0.1	0.2	0.1	0.1	0.1	0.3	*
5 and under	8.9	0.1	0.2	0.1	0.1	0.1	0.2	*
Males:								
6-11	4.6	0.1	0.3	0.1	0.1	0.1	0.3	*
12-19	5.8	0.2	0.3	0.2	0.1	0.1	0.4	0.1
20-29	7.3	0.2	0.4	0.2	0.2	0.1	0.5	0.3
30-39	8.3	0.2	0.3	0.1	0.1	0.2	0.3	0.2
40-49	7.0	0.1	0.4	0.1	0.2	0.1	0.5	0.3
50-59	4.6	0.2	0.4	0.1	0.2	0.1	0.5	0.3
60-69	3.4	0.2	0.4	0.2	0.2	0.1	0.4	0.3
70 and over	3.4	0.2	0.4	0.2	0.2	0.1	0.4	0.2
20 and over	33.9	0.1	0.2	0.1	0.1	0.1	0.2	0.2
Females:								
6-11	4.4	0.2	0.3	0.2	0.1	0.1	0.4	*
12-19	5.6	0.2	0.3	0.2	0.1	0.1	0.4	0.1
20-29	7.0	0.2	0.4	0.2	0.2	0.2	0.5	0.3
30-39	8.8	0.2	0.3	0.2	0.1	0.1	0.5	0.2
40-49	6.9	0.2	0.4	0.2	0.2	0.1	0.5	0.2
50-59	5.2	0.2	0.4	0.2	0.2	0.1	0.4	0.2
60-69	4.1	0.2	0.4	0.2	0.2	0.1	0.5	0.2
70 and over	4.9	0.2	0.4	0.1	0.2	0.1	0.5	0.1
20 and over	36.8	0.1	0.2	0.1	0.1	0.1	0.2	0.1
All individuals	100.0	0.1	0.1	0.1	0.1	0.0	0.1	0.1

* Value less than 0.05 but greater than 0.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 5se.--Nutrient intakes: Standard errors of the percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
	Percent	*Percent of individuals*		
Males and females:				
Under 1	1.1	2.0	1.4	1.1
1-2	3.1	1.6	1.6	1.2
3-5	4.7	1.5	1.6	0.9
5 and under	8.9	1.2	1.0	0.7
Males:				
6-11	4.6	2.1	2.1	1.6
12-19	5.8	1.7	2.2	2.3
20-29	7.3	2.2	2.2	2.2
30-39	8.2	2.0	2.1	1.8
40-49	6.9	1.6	1.7	2.2
50-59	4.6	1.9	1.9	2.4
60-69	3.4	2.0	2.3	2.2
70 and over	3.3	2.3	2.4	2.3
20 and over	33.9	1.0	1.0	1.0
Females:				
6-11	4.4	2.0	2.0	1.7
12-19	5.6	2.4	2.4	2.0
20-29	7.0	2.4	2.3	2.0
30-39	8.7	1.9	2.0	1.3
40-49	6.9	2.2	2.0	1.5
50-59	5.2	1.8	2.2	1.5
60-69	4.2	2.1	2.1	1.8
70 and over	4.8	2.3	2.2	1.5
20 and over	36.8	0.9	1.0	0.7
All individuals	100.0	0.6	0.7	0.6

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 6se.--Breakfast: Standard errors of mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Individuals eating breakfast	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	Percent	*Percent*							
Males and females:									
Under 1	1.1	3.5	1.0	1.0	1.0	1.0	1.1	1.0	1.8
1-2	3.1	0.6	0.3	0.4	0.5	0.6	0.5	0.5	0.9
3-5	4.7	0.4	0.3	0.4	0.4	0.5	0.4	0.5	0.8
5 and under	8.9	0.6	0.3	0.3	0.3	0.4	0.3	0.4	0.7
Males:									
6-11	4.6	1.6	0.5	0.6	0.6	0.6	0.6	0.7	1.0
12-19	5.8	1.8	0.6	0.8	0.7	0.8	0.7	0.7	1.1
20-29	7.3	1.7	0.5	0.5	0.6	0.7	0.6	0.6	0.8
30-39	8.3	1.7	0.6	0.6	0.8	0.8	0.8	0.8	1.2
40-49	7.0	1.1	0.5	0.6	0.6	0.6	0.6	0.6	0.8
50-59	4.6	1.2	0.5	0.5	0.5	0.5	0.5	0.6	0.8
60-69	3.4	1.1	0.5	0.4	0.6	0.7	0.6	0.6	1.1
70 and over	3.4	0.7	0.6	0.6	0.7	0.7	0.8	0.9	1.0
20 and over	33.9	0.7	0.2	0.3	0.3	0.4	0.3	0.4	0.5
Females:									
6-11	4.4	1.2	0.5	0.5	0.6	0.6	0.6	0.6	1.0
12-19	5.6	1.7	0.6	0.8	0.7	0.8	0.6	0.6	1.3
20-29	7.0	2.0	0.6	0.6	0.7	0.7	0.7	0.7	1.1
30-39	8.8	1.4	0.6	0.6	0.7	0.7	0.7	0.8	0.9
40-49	6.9	1.2	0.6	0.7	0.6	0.7	0.6	0.6	1.1
50-59	5.2	0.9	0.5	0.5	0.5	0.6	0.5	0.5	0.8
60-69	4.1	0.9	0.4	0.5	0.6	0.6	0.6	0.6	1.0
70 and over	4.9	0.8	0.5	0.5	0.7	0.8	0.7	0.6	1.2
20 and over	36.8	0.6	0.3	0.3	0.3	0.3	0.3	0.3	0.5
All individuals	100.0	0.5	0.2	0.2	0.2	0.2	0.2	0.2	0.4

Note: Excludes breast-fed children.

Continued

Table 6se.--Breakfast: Standard errors of mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
	Percent						
Males and females:							
Under 1	1.0	2.4	1.0	2.2	0.9	1.1	1.8
1-2	0.4	0.5	0.8	0.6	0.5	0.8	0.6
3-5	0.4	0.5	0.8	0.5	0.4	0.7	0.6
5 and under	0.3	0.4	0.6	0.5	0.3	0.5	0.4
Males:							
6-11	0.6	0.7	1.1	0.8	0.7	1.0	0.9
12-19	0.6	0.7	1.5	1.1	0.8	1.4	0.9
20-29	0.6	0.8	1.0	0.8	0.7	1.5	0.8
30-39	0.6	0.6	1.1	0.5	0.8	0.8	0.8
40-49	0.7	0.9	1.2	1.1	0.7	1.5	0.8
50-59	0.6	0.7	0.6	0.7	0.7	1.0	0.7
60-69	0.6	0.7	1.0	0.9	0.8	1.1	0.7
70 and over	0.6	0.7	1.1	0.8	1.0	1.1	0.8
20 and over	0.3	0.4	0.5	0.4	0.4	0.5	0.3
Females:							
6-11	0.4	0.6	1.2	1.1	0.7	1.2	0.7
12-19	0.7	0.7	1.2	0.9	0.7	1.4	0.9
20-29	0.7	0.8	1.2	0.9	0.8	1.3	0.9
30-39	0.6	0.7	1.2	0.9	0.8	0.9	0.7
40-49	0.7	0.8	0.8	0.6	0.7	1.0	0.9
50-59	0.6	0.5	0.9	0.6	0.6	1.0	0.7
60-69	0.5	0.6	0.9	0.8	0.7	1.0	0.5
70 and over	0.8	0.9	1.1	0.9	0.8	1.8	0.8
20 and over	0.3	0.3	0.4	0.3	0.3	0.5	0.3
All individuals	0.2	0.2	0.4	0.2	0.2	0.3	0.2

Note: Excludes breast-fed children.

Continued

Table 6se.--Breakfast: Standard errors of mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Percent						
Males and females:							
Under 1	1.6	1.6	1.4	1.1	1.1	1.2	1.2
1-2	0.7	0.7	0.8	0.8	0.6	0.8	0.5
3-5	0.7	0.6	0.7	0.8	0.8	0.7	0.5
5 and under	0.5	0.4	0.5	0.6	0.5	0.6	0.4
Males:							
6-11	0.9	0.8	1.0	1.1	1.0	1.0	0.8
12-19	1.1	0.8	1.0	1.3	1.2	1.2	1.0
20-29	0.8	0.7	0.9	1.1	0.9	0.9	0.6
30-39	0.9	0.7	0.7	0.9	1.0	0.8	0.7
40-49	0.8	0.7	0.9	1.1	0.9	0.9	0.7
50-59	0.5	0.6	0.7	0.7	0.8	0.6	0.6
60-69	0.7	0.6	0.8	0.8	0.9	0.8	0.5
70 and over	0.9	0.7	1.0	1.0	1.1	0.9	0.7
20 and over	0.4	0.3	0.3	0.4	0.4	0.4	0.3
Females:							
6-11	0.8	0.7	0.8	0.9	1.0	0.8	0.6
12-19	1.0	0.8	0.9	1.1	1.2	1.1	0.9
20-29	0.9	0.9	1.0	1.1	1.1	0.9	0.7
30-39	0.8	0.7	0.8	0.9	1.0	0.9	0.7
40-49	0.9	0.8	0.9	1.0	1.0	0.9	0.8
50-59	0.7	0.6	0.6	0.8	0.8	0.8	0.7
60-69	0.6	0.6	0.9	0.9	0.8	0.6	0.5
70 and over	0.9	0.6	1.0	1.2	1.1	0.9	0.7
20 and over	0.4	0.4	0.4	0.4	0.4	0.4	0.3
All individuals	0.3	0.2	0.3	0.3	0.3	0.3	0.2

Note: Excludes breast-fed children.

Continued

Table 6se.--Breakfast: Standard errors of mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
Males and females:						
Under 1	1.3	1.6	1.0	1.0	1.1	1.0
1-2	0.5	0.7	0.5	0.4	0.5	0.4
3-5	0.5	0.7	0.5	0.4	0.5	0.4
5 and under	0.4	0.5	0.4	0.3	0.4	0.3
Males:						
6-11	0.6	1.1	0.8	0.5	0.7	0.6
12-19	0.9	1.0	0.8	0.6	0.7	0.8
20-29	0.7	0.8	0.7	0.6	0.5	0.7
30-39	0.6	0.8	0.7	0.5	0.7	0.5
40-49	0.7	0.9	0.8	0.7	0.6	0.8
50-59	0.6	0.6	0.6	0.5	0.6	0.4
60-69	0.6	0.6	0.6	0.6	0.5	0.5
70 and over	0.6	0.8	0.8	0.5	0.7	0.5
20 and over	0.3	0.3	0.3	0.2	0.3	0.3
Females:						
6-11	0.5	0.9	0.7	0.5	0.6	0.6
12-19	0.9	0.9	0.9	0.7	0.7	0.9
20-29	0.7	0.9	0.8	0.6	0.6	0.6
30-39	0.7	0.8	0.7	0.6	0.7	0.7
40-49	0.8	0.8	0.8	0.6	0.6	0.8
50-59	0.6	0.7	0.7	0.6	0.6	0.5
60-69	0.5	0.7	0.5	0.5	0.5	0.5
70 and over	0.7	0.9	0.6	0.7	0.6	0.6
20 and over	0.3	0.3	0.3	0.3	0.3	0.3
All individuals	0.2	0.2	0.2	0.2	0.2	0.2

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 7se.--Snacks: Standard errors of mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Individuals eating snacks	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	Percent	*Percent*							
Males and females:									
Under 1	1.1	4.0	2.9	3.0	3.1	3.1	3.1	3.1	2.9
1-2	3.1	1.3	0.8	0.7	0.8	0.8	0.7	0.7	0.6
3-5	4.7	1.6	0.5	0.4	0.5	0.6	0.5	0.5	0.6
5 and under	8.9	1.2	0.5	0.4	0.5	0.5	0.5	0.5	0.4
Males:									
6-11	4.6	1.6	0.7	0.6	0.8	0.8	0.8	0.9	0.7
12-19	5.8	2.0	0.8	0.7	0.8	0.8	0.8	0.9	0.7
20-29	7.3	1.5	0.8	0.6	0.7	0.7	0.8	0.8	0.6
30-39	8.3	1.9	0.7	0.5	0.7	0.7	0.7	0.8	0.6
40-49	7.0	2.4	0.7	0.5	0.7	0.7	0.7	0.7	0.5
50-59	4.6	1.6	0.6	0.4	0.6	0.6	0.6	0.6	0.5
60-69	3.4	1.8	0.7	0.5	0.7	0.7	0.7	0.7	0.6
70 and over	3.4	2.0	0.6	0.4	0.7	0.7	0.7	0.6	0.6
20 and over	33.9	1.0	0.4	0.3	0.3	0.3	0.3	0.3	0.3
Females:									
6-11	4.4	1.6	0.8	0.5	0.9	0.9	0.9	0.9	0.7
12-19	5.6	2.1	0.9	0.7	0.9	1.0	0.9	0.8	0.9
20-29	7.0	1.9	0.7	0.7	0.8	0.8	0.8	0.9	0.8
30-39	8.8	2.3	0.7	0.7	0.7	0.8	0.8	0.7	0.6
40-49	6.9	1.9	0.5	0.5	0.7	0.7	0.7	0.7	0.6
50-59	5.2	1.5	0.6	0.4	0.5	0.5	0.5	0.7	0.5
60-69	4.1	2.0	0.7	0.5	0.7	0.7	0.8	0.8	0.7
70 and over	4.9	1.7	0.6	0.4	0.6	0.8	0.6	0.6	0.5
20 and over	36.8	1.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3
All individuals	100.0	0.8	0.3	0.2	0.2	0.2	0.2	0.3	0.2

Note: Excludes breast-fed children.

Continued

Table 7se.--Snacks: Standard errors of mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
	Percent						
Males and females:							
Under 1	2.8	1.8	3.1	1.8	3.2	3.1	2.7
1-2	0.8	0.8	0.8	1.0	0.8	0.9	0.8
3-5	0.6	0.6	0.7	0.7	0.6	0.8	0.5
5 and under	0.5	0.5	0.6	0.6	0.6	0.6	0.5
Males:							
6-11	0.7	0.8	0.9	0.9	0.8	1.0	0.7
12-19	1.0	0.8	1.1	1.1	0.9	1.1	0.8
20-29	0.8	0.8	0.6	0.9	0.9	1.0	0.6
30-39	0.8	0.8	0.7	0.8	0.8	1.0	0.6
40-49	0.8	0.7	0.7	0.7	0.7	0.6	0.5
50-59	0.8	0.7	0.6	0.7	0.7	0.8	0.5
60-69	0.7	0.7	0.6	0.8	0.7	0.8	0.6
70 and over	0.7	0.5	0.6	0.7	0.7	0.8	0.4
20 and over	0.4	0.4	0.3	0.4	0.4	0.5	0.3
Females:							
6-11	0.9	0.8	0.9	0.8	1.0	0.8	0.6
12-19	1.1	0.9	0.9	1.2	0.8	1.0	0.8
20-29	0.8	0.9	1.0	0.9	0.9	1.2	0.7
30-39	0.8	0.8	1.1	1.2	0.8	1.1	0.7
40-49	0.6	0.7	0.7	0.9	0.7	0.9	0.5
50-59	0.8	0.8	0.7	0.8	0.7	1.0	0.6
60-69	0.8	0.7	0.6	0.7	0.6	1.0	0.5
70 and over	0.7	0.6	0.6	0.9	0.7	1.0	0.5
20 and over	0.4	0.4	0.4	0.4	0.3	0.4	0.3
All individuals	0.4	0.3	0.2	0.3	0.3	0.3	0.2

Note: Excludes breast-fed children.

Continued

Table 7se.--Snacks: Standard errors of mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Percent						
Males and females:							
Under 1	2.8	2.7	3.0	3.0	3.2	3.0	2.9
1-2	0.8	0.6	0.8	0.7	1.0	0.9	0.8
3-5	0.6	0.4	0.5	0.6	0.7	0.7	0.5
5 and under	0.5	0.4	0.6	0.6	0.6	0.6	0.5
Males:							
6-11	0.7	0.7	0.7	0.9	0.7	0.8	0.7
12-19	0.9	0.7	0.8	1.0	0.8	1.0	0.8
20-29	0.7	0.8	0.9	0.8	0.8	0.8	0.7
30-39	0.7	0.7	0.7	0.8	0.6	0.7	0.6
40-49	0.6	0.5	0.6	0.7	0.6	0.9	0.6
50-59	0.5	0.5	0.6	0.7	0.6	0.7	0.5
60-69	0.7	0.6	0.6	0.7	0.6	0.8	0.6
70 and over	0.6	0.4	0.5	0.5	0.6	0.7	0.5
20 and over	0.4	0.4	0.4	0.4	0.4	0.4	0.3
Females:							
6-11	0.6	0.5	0.6	0.7	0.6	0.8	0.6
12-19	0.9	0.7	0.8	0.8	0.9	1.0	0.8
20-29	0.8	0.7	0.8	0.8	0.8	0.9	0.7
30-39	0.8	0.7	0.8	0.8	0.7	0.9	0.7
40-49	0.6	0.5	0.6	0.7	0.5	0.7	0.6
50-59	0.6	0.6	0.8	0.7	0.6	0.6	0.6
60-69	0.7	0.5	0.7	0.6	0.7	0.7	0.6
70 and over	0.6	0.4	0.6	0.5	0.5	0.8	0.6
20 and over	0.3	0.3	0.3	0.3	0.3	0.4	0.3
All individuals	0.2	0.2	0.2	0.3	0.2	0.3	0.2

Note: Excludes breast-fed children.

Continued

Table 7se.--Snacks: Standard errors of mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
Males and females:						
Under 1	2.7	2.8	2.9	2.9	2.8	2.9
1-2	0.8	0.7	0.8	0.7	0.6	0.9
3-5	0.6	0.4	0.4	0.6	0.4	0.6
5 and under	0.5	0.5	0.5	0.5	0.4	0.5
Males:						
6-11	0.8	0.7	0.7	0.7	0.5	0.7
12-19	0.9	0.7	0.7	0.9	0.7	0.9
20-29	0.8	0.5	0.7	0.8	0.6	0.8
30-39	0.8	0.6	0.6	0.9	0.5	0.7
40-49	0.7	0.6	0.5	0.6	0.6	0.6
50-59	0.6	0.4	0.4	0.6	0.5	0.6
60-69	0.7	0.5	0.6	0.7	0.5	0.5
70 and over	0.5	0.5	0.5	0.5	0.4	0.5
20 and over	0.4	0.3	0.3	0.4	0.3	0.4
Females:						
6-11	0.7	0.7	0.6	0.7	0.8	0.6
12-19	0.9	0.7	0.7	0.8	0.8	0.9
20-29	0.8	0.7	0.8	0.8	0.6	0.7
30-39	0.8	0.6	0.6	0.8	0.6	0.8
40-49	0.6	0.6	0.5	0.6	0.5	0.5
50-59	0.6	0.7	0.5	0.7	0.5	0.6
60-69	0.7	0.5	0.5	0.7	0.5	0.7
70 and over	0.6	0.5	0.5	0.6	0.4	0.6
20 and over	0.4	0.3	0.3	0.4	0.3	0.4
All individuals	0.3	0.2	0.2	0.3	0.2	0.3

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 8Ase.--Food obtained and eaten away from home: Standard errors of mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Individuals eating away	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	Percent	*Percent*							
Males and females:									
Under 1	1.1	2.6	1.1	1.1	1.1	1.1	1.0	1.1	1.1
1-2	3.1	1.6	0.7	0.7	0.7	0.6	0.7	0.8	0.7
3-5	4.7	1.9	1.0	1.0	1.1	1.0	1.1	1.1	1.1
5 and under	8.9	1.4	0.7	0.6	0.7	0.6	0.7	0.7	0.7
Males:									
6-11	4.6	1.9	1.1	1.1	1.2	1.2	1.2	1.2	1.3
12-19	5.8	1.8	1.5	1.5	1.4	1.5	1.4	1.5	1.6
20-29	7.3	2.0	1.3	1.3	1.2	1.3	1.2	1.3	1.4
30-39	8.3	2.1	1.5	1.6	1.7	1.7	1.7	1.7	1.7
40-49	7.0	2.2	1.5	1.5	1.7	1.7	1.7	1.6	1.7
50-59	4.6	2.2	1.2	1.2	1.3	1.3	1.3	1.3	1.2
60-69	3.4	1.7	1.0	1.0	1.1	1.1	1.1	1.1	1.3
70 and over	3.4	1.9	0.8	0.9	1.0	0.9	1.0	1.1	1.1
20 and over	33.9	1.1	0.7	0.6	0.7	0.7	0.7	0.7	0.7
Females:									
6-11	4.4	2.0	1.3	1.4	1.4	1.4	1.4	1.4	1.4
12-19	5.6	2.3	1.6	1.6	1.7	1.7	1.8	1.8	1.6
20-29	7.0	1.8	1.2	1.4	1.5	1.5	1.5	1.5	1.4
30-39	8.8	2.2	1.2	1.3	1.4	1.3	1.4	1.5	1.6
40-49	6.9	1.8	1.0	1.1	1.1	1.0	1.1	1.1	1.3
50-59	5.2	2.0	1.0	1.2	1.2	1.2	1.2	1.1	1.4
60-69	4.1	1.7	0.9	0.9	1.0	1.1	1.1	1.1	1.1
70 and over	4.9	2.0	1.0	1.1	1.2	1.1	1.2	1.2	1.3
20 and over	36.8	0.8	0.5	0.6	0.6	0.6	0.6	0.6	0.7
All individuals	100.0	0.7	0.4	0.5	0.5	0.5	0.5	0.5	0.5

Note: Excludes breast-fed children.

Table 8Ase.--Food obtained and eaten away from home: Standard errors of mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
	Percent						
Males and females:							
Under 1	1.2	1.7	1.3	1.7	1.1	1.3	1.2
1-2	0.7	0.9	0.6	0.7	0.8	0.8	0.7
3-5	1.0	1.1	1.1	1.3	1.1	0.9	0.9
5 and under	0.7	0.8	0.7	0.8	0.7	0.6	0.6
Males:							
6-11	1.1	1.2	1.2	1.6	1.2	1.3	1.0
12-19	1.5	1.7	1.6	2.0	1.5	2.0	1.6
20-29	1.4	1.3	1.5	1.5	1.3	1.6	1.3
30-39	1.5	1.6	1.6	1.8	1.7	1.7	1.5
40-49	1.5	1.4	1.4	1.7	1.4	1.5	1.3
50-59	1.3	1.1	1.3	1.3	1.2	1.3	1.3
60-69	0.9	0.9	1.1	1.2	1.0	0.9	1.0
70 and over	0.7	0.8	0.9	1.2	0.9	0.8	0.8
20 and over	0.7	0.6	0.7	0.8	0.7	0.6	0.6
Females:							
6-11	1.4	1.4	1.6	1.5	1.4	1.5	1.5
12-19	1.6	1.7	1.6	1.7	1.8	1.8	1.6
20-29	1.1	1.4	1.5	1.8	1.4	1.4	1.4
30-39	1.1	1.2	1.3	1.4	1.6	1.1	1.2
40-49	0.9	0.9	1.1	1.2	1.1	1.0	1.0
50-59	1.0	1.1	1.3	1.3	1.1	1.2	1.1
60-69	0.8	0.8	0.8	1.0	1.0	0.9	0.8
70 and over	0.8	1.0	1.0	1.1	1.1	0.9	0.9
20 and over	0.4	0.5	0.6	0.7	0.6	0.5	0.5
All individuals	0.4	0.4	0.4	0.5	0.4	0.4	0.4

Note: Excludes breast-fed children.

Table 8Ase.--Food obtained and eaten away from home: Standard errors of mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Percent						
Males and females:							
Under 1	1.2	1.1	1.3	1.2	1.2	1.1	1.1
1-2	0.6	0.8	0.7	0.7	0.6	0.6	0.7
3-5	0.9	0.9	1.0	0.9	0.9	0.9	1.0
5 and under	0.6	0.6	0.6	0.6	0.6	0.6	0.6
Males:							
6-11	1.1	1.0	1.1	1.1	1.3	1.2	1.1
12-19	1.5	1.5	1.6	1.7	1.6	1.6	1.4
20-29	1.3	1.4	1.5	1.4	1.4	1.3	1.3
30-39	1.4	1.5	1.5	1.5	1.7	1.5	1.5
40-49	1.3	1.4	1.3	1.4	1.5	1.4	1.4
50-59	1.2	1.3	1.2	1.2	1.2	1.3	1.2
60-69	1.0	1.1	1.1	0.9	1.2	0.9	1.0
70 and over	0.7	0.9	0.7	0.7	0.9	0.7	0.8
20 and over	0.6	0.7	0.6	0.6	0.7	0.6	0.6
Females:							
6-11	1.5	1.4	1.4	1.4	1.5	1.6	1.5
12-19	1.5	1.7	1.6	1.7	1.7	1.5	1.6
20-29	1.4	1.5	1.5	1.4	1.6	1.4	1.3
30-39	1.1	1.4	1.3	1.2	1.2	1.0	1.1
40-49	1.0	1.1	1.1	1.0	1.2	1.0	1.0
50-59	1.1	1.1	1.1	1.1	1.3	1.1	1.1
60-69	0.8	0.9	0.9	0.8	0.9	0.8	0.8
70 and over	0.9	1.0	0.9	0.9	1.2	0.9	1.0
20 and over	0.5	0.6	0.6	0.5	0.6	0.5	0.5
All individuals	0.4	0.5	0.4	0.4	0.5	0.4	0.4

Note: Excludes breast-fed children.

Table 8Ase.--Food obtained and eaten away from home: Standard errors of mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
Males and females:						
Under 1	1.1	1.2	1.1	1.2	1.1	1.2
1-2	0.7	0.7	0.7	0.8	0.7	0.7
3-5	1.0	0.9	0.9	1.1	1.1	1.0
5 and under	0.7	0.6	0.6	0.7	0.7	0.7
Males:						
6-11	1.0	1.1	1.3	1.2	1.2	1.1
12-19	1.5	1.7	1.7	1.6	1.6	1.6
20-29	1.3	1.3	1.2	1.3	1.3	1.3
30-39	1.5	1.5	1.6	1.5	1.7	1.5
40-49	1.4	1.4	1.4	1.4	1.6	1.4
50-59	1.2	1.2	1.1	1.2	1.3	1.2
60-69	0.9	1.0	1.1	0.9	1.1	0.9
70 and over	0.7	0.7	0.8	0.8	0.9	0.8
20 and over	0.6	0.6	0.6	0.6	0.7	0.6
Females:						
6-11	1.5	1.4	1.4	1.4	1.4	1.5
12-19	1.5	1.6	1.7	1.6	1.7	1.6
20-29	1.3	1.5	1.4	1.3	1.4	1.3
30-39	1.1	1.2	1.2	1.2	1.2	1.1
40-49	0.9	1.0	1.0	0.9	1.1	0.9
50-59	1.0	1.0	1.1	1.1	1.2	1.0
60-69	0.8	0.8	0.9	0.8	1.0	0.8
70 and over	0.9	0.9	1.0	1.0	1.1	1.0
20 and over	0.5	0.5	0.5	0.5	0.6	0.4
All individuals	0.4	0.5	0.4	0.4	0.5	0.4

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 8Bse.--Food obtained and eaten away from home: Standard errors of the percentages of users reporting at least one item from a source, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Individuals eating away from home	Source							
			Restaurant	Fast food place	Someone else/gift	Store	School cafeteria	Other cafeteria	Day care	Other
	Percent	*Percent*	*Percent of users*							
Males and females:										
Under 1	1.1	2.6	1.0	4.6	11.6	10.0	--	--	2.8	1.5
1-2	3.1	1.6	1.8	2.0	2.9	2.1	.5	.4	2.2	1.1
3-5	4.7	1.9	1.6	1.7	2.0	2.2	1.5	.4	1.4	1.1
5 and under	8.9	1.4	1.4	1.3	1.9	1.9	.9	.3	1.3	.9
Males:										
6-11	4.6	1.9	2.5	2.2	1.8	1.9	2.4	.6	.8	1.6
12-19	5.8	1.8	1.7	2.3	2.4	1.9	1.8	.7	.3	2.0
20-29	7.3	2.0	2.3	2.3	1.9	2.7	.7	1.4	.2	2.3
30-39	8.3	2.1	1.7	2.3	2.0	2.2	.4	1.4	--	2.4
40-49	7.0	2.2	1.9	1.9	1.8	2.6	.6	1.3	--	2.4
50-59	4.6	2.2	2.3	2.6	1.5	2.5	.6	1.2	--	2.6
60-69	3.4	1.7	3.1	2.6	2.3	1.8	.5	1.2	.5	2.4
70 and over	3.4	1.9	4.0	3.0	3.0	2.5	--	2.0	.2	2.7
20 and over	33.9	1.1	1.2	1.2	1.1	1.4	.3	.8	.1	1.2
Females:										
6-11	4.4	2.0	1.3	2.4	2.5	2.2	2.8	.5	1.1	1.4
12-19	5.6	2.3	2.0	2.4	2.7	2.1	2.4	.6	.3	2.4
20-29	7.0	1.8	3.1	2.3	2.0	2.5	.8	1.9	.7	2.6
30-39	8.8	2.2	3.3	3.8	1.9	1.8	.6	1.9	.6	2.6
40-49	6.9	1.8	2.4	2.4	2.0	2.1	.9	1.5	.1	1.8
50-59	5.2	2.0	3.0	1.7	2.7	1.9	.8	1.6	.2	2.1
60-69	4.1	1.7	2.9	2.5	2.6	2.5	.7	1.7	.5	1.8
70 and over	4.9	2.0	3.3	2.1	3.1	2.3	1.4	1.6	.9	3.3
20 and over	36.8	.8	1.3	1.2	1.2	.9	.4	.9	.2	1.1
All individuals	100.0	.7	.7	.8	.9	.9	.5	.5	.2	.9

-- Estimated percent is zero.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9Ase.--Grain products: Standard errors of mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready-to-eat cereals	Rice	Pasta				
	Percent	*Grams*									
Males and females:											
Under 1	1.1	6	1	3	*	1	1	*	*	*	3
1-2	3.1	5	1	3	1	1	1	1	1	*	4
3-5	4.7	7	1	3	1	1	1	1	1	1	5
5 and under	8.9	5	1	2	1	1	1	1	1	*	4
Males:											
6-11	4.6	10	2	6	1	3	3	2	2	1	10
12-19	5.8	16	3	7	3	5	3	3	4	2	13
20-29	7.3	18	4	11	2	8	5	2	3	2	11
30-39	8.3	16	2	6	1	3	4	2	3	1	13
40-49	7.0	10	3	6	1	4	3	3	4	1	8
50-59	4.6	9	3	6	1	3	3	3	3	2	7
60-69	3.4	11	2	6	1	3	3	2	3	2	8
70 and over	3.4	11	2	7	1	4	3	2	4	1	6
20 and over	33.9	7	2	4	1	2	2	1	1	1	5
Females:											
6-11	4.4	6	2	5	1	3	2	2	3	1	6
12-19	5.6	11	2	7	1	4	4	2	3	2	9
20-29	7.0	11	2	5	2	3	3	2	2	1	9
30-39	8.8	9	2	4	1	2	3	1	2	1	7
40-49	6.9	7	2	4	1	3	2	1	3	1	6
50-59	5.2	8	2	4	1	2	2	1	3	1	6
60-69	4.1	9	1	4	1	2	3	1	2	1	7
70 and over	4.9	8	2	5	1	3	2	2	2	1	6
20 and over	36.8	4	1	2	1	1	1	1	1	*	3
All individuals	100.0	4	1	3	*	1	1	1	1	*	3

* Value less than 0.5 but greater than zero.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9Bse.--Grain products: Standard errors of percentages of individuals consuming, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready-to-eat cereals	Rice	Pasta				
	Percent	*Percent*									
Males and females:											
Under 1	1.1	3.3	2.1	2.9	2.5	0.9	1.0	1.3	1.9	1.9	2.4
1-2	3.1	0.4	1.4	1.4	1.6	1.2	0.8	1.1	1.6	1.3	1.6
3-5	4.7	0.1	1.6	1.4	1.3	1.1	0.8	1.3	1.3	1.7	1.5
5 and under	8.9	0.5	1.2	1.0	1.0	0.9	0.6	0.9	1.1	1.1	1.2
Males:											
6-11	4.6	0.4	2.2	1.9	1.9	1.3	1.3	2.0	1.8	1.4	2.6
12-19	5.8	0.5	1.6	2.4	1.9	1.2	1.1	1.8	2.8	1.4	2.4
20-29	7.3	0.9	2.6	2.5	1.6	1.7	1.4	1.6	2.0	1.8	2.0
30-39	8.3	0.5	1.7	1.7	1.5	1.1	1.1	1.4	2.0	1.8	1.9
40-49	7.0	0.8	1.7	1.5	1.4	1.5	1.1	2.0	2.1	1.7	2.1
50-59	4.6	0.7	1.9	1.8	1.6	1.2	1.1	1.7	2.0	1.9	1.6
60-69	3.4	0.5	1.5	1.7	1.8	1.0	1.1	1.7	1.7	2.0	1.8
70 and over	3.4	0.5	1.7	2.0	1.9	0.9	1.0	1.9	1.7	2.0	1.5
20 and over	33.9	0.3	1.2	1.0	0.7	0.7	0.5	0.9	0.9	1.0	0.9
Females:											
6-11	4.4	0.4	2.0	2.2	1.8	1.7	0.9	1.8	2.0	1.8	1.9
12-19	5.6	0.6	2.2	2.5	1.9	1.3	1.3	2.1	2.1	2.0	2.1
20-29	7.0	0.6	2.5	2.2	1.8	1.3	1.2	1.5	2.0	1.5	1.7
30-39	8.8	0.6	1.9	1.9	1.4	1.3	1.0	1.8	2.0	1.5	2.2
40-49	6.9	0.7	1.6	2.0	1.6	1.3	1.0	1.5	2.0	1.8	1.6
50-59	5.2	0.5	1.8	1.9	1.4	0.9	1.0	1.3	1.9	1.9	1.9
60-69	4.1	0.6	1.3	1.8	1.6	1.1	1.2	1.5	1.6	2.3	1.6
70 and over	4.9	0.5	1.8	2.3	1.9	0.9	0.9	1.8	1.9	1.8	1.7
20 and over	36.8	0.3	0.8	0.9	0.8	0.6	0.5	0.8	0.9	0.9	0.8
All individuals	100.0	0.2	0.7	0.7	0.4	0.6	0.4	0.7	0.8	0.7	0.7

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10Ase.--Vegetables: Standard errors of mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce-based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
	Percent	*Grams*									
Males and females:											
Under 1	1.1	7	1	*	1	4	*	--	1	1	4
1-2	3.1	3	2	1	1	1	1	*	1	1	2
3-5	4.7	4	2	1	1	1	1	*	1	1	2
5 and under	8.9	2	2	1	*	1	1	*	*	1	1
Males:											
6-11	4.6	7	5	2	1	1	1	1	1	1	2
12-19	5.8	12	9	3	2	1	3	1	1	2	3
20-29	7.3	9	5	3	2	2	4	2	1	3	6
30-39	8.3	8	6	3	3	1	2	1	1	3	5
40-49	7.0	11	6	3	2	1	4	2	1	2	5
50-59	4.6	10	5	3	2	1	3	1	2	3	5
60-69	3.4	11	5	2	2	1	4	2	1	2	6
70 and over	3.4	10	4	2	3	2	3	1	3	3	5
20 and over	33.9	4	3	1	1	1	1	1	1	1	2
Females:											
6-11	4.4	6	2	2	1	1	2	1	1	2	3
12-19	5.6	8	5	3	2	1	2	1	1	1	3
20-29	7.0	8	4	2	2	2	3	2	1	2	5
30-39	8.8	8	4	2	3	1	3	1	1	2	3
40-49	6.9	8	3	2	2	2	2	2	1	1	5
50-59	5.2	7	4	1	2	1	2	1	1	2	5
60-69	4.1	7	3	1	2	1	2	2	1	1	4
70 and over	4.9	9	3	1	2	1	3	1	1	2	4
20 and over	36.8	3	2	1	1	1	1	1	1	1	2
All individuals	100.0	3	2	1	1	*	1	*	*	1	1

* Value less than 0.5 but greater than 0.

-- Estimated mean is zero.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10Bse.--Vegetables: Standard errors of percentages of individuals consuming, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce-based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
	Percent	*Percent*									
Males and females:											
Under 1	1.1	4.1	2.0	0.9	1.4	3.6	0.3	--	1.8	1.9	3.4
1-2	3.1	1.3	1.5	1.5	0.9	1.1	1.2	0.6	1.0	1.3	1.3
3-5	4.7	1.5	2.1	1.5	0.7	0.8	1.4	0.9	0.9	1.0	1.2
5 and under	8.9	1.0	1.4	1.1	0.6	0.7	1.0	0.6	0.7	0.8	0.9
Males:											
6-11	4.6	1.7	2.4	2.1	1.3	1.4	1.9	1.5	1.2	1.3	1.7
12-19	5.8	1.6	2.3	2.3	0.9	1.2	1.2	1.5	0.8	1.1	1.2
20-29	7.3	1.2	1.9	1.7	0.9	1.1	1.6	1.6	0.9	1.3	2.1
30-39	8.3	1.3	2.3	1.8	1.5	1.2	1.6	1.4	0.9	1.7	1.8
40-49	7.0	1.1	1.8	1.7	1.2	1.1	2.3	1.9	1.1	1.2	1.9
50-59	4.6	1.3	1.9	1.7	1.1	1.4	2.0	1.6	0.9	1.6	1.8
60-69	3.4	1.2	2.3	1.7	1.3	1.6	2.6	2.4	1.0	1.1	2.0
70 and over	3.4	1.3	2.0	1.5	1.1	1.4	1.7	1.7	1.6	1.7	1.5
20 and over	33.9	0.5	1.1	0.9	0.6	0.5	0.9	0.8	0.5	0.9	0.7
Females:											
6-11	4.4	1.6	1.9	1.8	0.9	1.1	1.9	1.2	1.1	1.4	1.7
12-19	5.6	1.8	2.1	2.2	1.1	1.2	2.2	1.7	0.8	1.2	2.2
20-29	7.0	1.3	2.2	1.8	1.3	1.6	1.8	2.5	1.1	1.1	3.0
30-39	8.8	1.4	2.1	1.6	1.3	1.3	2.4	1.6	1.1	1.4	1.7
40-49	6.9	1.3	1.6	1.3	1.1	1.4	1.8	1.5	0.8	1.1	1.8
50-59	5.2	1.2	2.0	1.5	1.4	1.1	1.6	1.6	1.1	1.3	1.7
60-69	4.1	1.3	1.8	1.3	1.4	1.5	1.8	2.1	1.2	1.2	1.9
70 and over	4.9	1.3	2.1	1.4	1.4	1.5	1.9	1.3	1.4	1.5	1.6
20 and over	36.8	0.6	1.1	0.7	0.6	0.6	0.9	0.9	0.5	0.4	0.9
All individuals	100.0	0.4	0.8	0.6	0.4	0.4	0.6	0.6	0.4	0.5	0.6

-- Estimated percent is zero.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 11Ase.--Fruits: Standard errors of mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	Percent	*Grams*									
Males and females:											
Under 1	1.1	11	*	*	--	11	2	2	*	6	7
1-2	3.1	9	4	4	*	9	2	1	1	2	8
3-5	4.7	7	4	4	*	5	2	1	2	2	4
5 and under	8.9	6	3	3	*	6	1	1	1	1	4
Males:											
6-11	4.6	10	6	6	*	7	3	2	3	2	5
12-19	5.8	16	13	13	1	8	2	1	5	1	5
20-29	7.3	11	9	9	*	5	2	1	2	3	4
30-39	8.3	10	8	8	*	6	2	2	2	2	3
40-49	7.0	11	8	7	*	8	2	2	3	3	5
50-59	4.6	9	6	5	*	6	3	2	3	2	4
60-69	3.4	8	5	5	*	7	2	2	6	3	2
70 and over	3.4	11	5	4	1	8	3	3	3	2	4
20 and over	33.9	5	4	4	*	3	1	1	1	1	2
Females:											
6-11	4.4	9	7	6	*	5	3	1	2	2	4
12-19	5.6	11	7	7	*	9	2	1	4	2	6
20-29	7.0	9	7	7	*	6	2	2	2	2	4
30-39	8.8	7	6	6	*	5	2	1	3	2	2
40-49	6.9	11	6	6	*	7	2	1	5	2	2
50-59	5.2	7	5	4	*	5	2	2	4	2	2
60-69	4.1	9	5	5	*	6	2	2	4	3	2
70 and over	4.9	7	5	5	*	6	3	2	4	3	2
20 and over	36.8	5	3	3	*	3	1	1	2	1	1
All individuals	100.0	4	3	3	*	2	1	0	1	1	1

* Value less than 0.5 but greater than zero.

-- Estimated mean is zero.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 11Bse.--Fruits: Standard errors of percentages of individuals consuming, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	Percent	*Percent*									
Males and females:											
Under 1	1.1	3.6	1.0	0.5	--	3.6	2.5	2.3	0.8	3.7	3.9
1-2	3.1	1.4	1.4	1.3	0.8	1.9	1.6	1.1	0.6	1.3	1.7
3-5	4.7	1.4	1.2	1.1	0.5	1.5	0.9	1.0	0.7	0.9	1.3
5 and under	8.9	1.0	0.9	0.8	0.4	1.3	0.8	0.8	0.5	0.9	1.2
Males:											
6-11	4.6	2.2	1.8	1.6	0.4	2.2	1.7	1.1	1.1	1.2	1.2
12-19	5.8	2.3	2.2	2.2	0.4	1.8	1.2	1.0	1.2	0.9	1.1
20-29	7.3	1.8	1.9	1.8	0.4	1.4	1.5	0.9	1.0	1.0	0.7
30-39	8.3	2.0	1.7	1.7	0.4	1.9	1.1	1.3	0.8	1.2	0.8
40-49	7.0	2.3	2.3	1.8	0.5	1.9	1.1	1.3	0.9	1.6	0.9
50-59	4.6	2.0	1.9	1.6	0.6	1.5	1.5	1.5	1.2	1.1	0.8
60-69	3.4	1.6	1.9	1.7	0.6	1.7	1.4	1.6	1.3	1.5	0.7
70 and over	3.4	1.9	1.8	1.7	0.9	2.3	1.6	2.6	1.0	1.3	0.9
20 and over	33.9	0.9	0.9	0.9	0.2	0.8	0.6	0.6	0.5	0.5	0.4
Females:											
6-11	4.4	2.0	2.0	2.0	0.3	2.1	1.7	1.0	1.1	1.5	1.6
12-19	5.6	2.1	1.8	1.4	0.5	1.9	1.1	0.7	0.8	1.4	1.6
20-29	7.0	2.0	1.6	1.5	0.3	1.9	1.0	1.1	0.8	1.1	0.9
30-39	8.8	2.0	1.4	1.4	0.6	1.4	1.5	1.1	1.2	1.3	0.7
40-49	6.9	2.1	1.6	1.4	0.6	1.7	1.3	1.1	1.3	1.4	0.9
50-59	5.2	1.5	1.8	1.6	0.6	1.7	1.4	1.6	1.1	1.2	0.6
60-69	4.1	1.8	2.0	1.8	0.8	2.0	1.7	1.8	1.4	1.6	0.8
70 and over	4.9	2.0	2.2	2.1	0.7	1.7	1.7	1.7	1.4	1.7	1.0
20 and over	36.8	1.1	0.9	0.9	0.3	0.8	0.6	0.6	0.5	0.6	0.3
All individuals	100.0	0.7	0.7	0.7	0.1	0.6	0.4	0.4	0.4	0.4	0.3

-- Estimated percent is zero.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 12Ase.--Milk and milk products: Standard errors of mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
	Percent	*Grams*								
Males and females:										
Under 1	1.1	28	28	13	11	8	--	*	2	*
1-2	3.1	10	10	10	13	8	2	1	2	1
3-5	4.7	9	9	9	8	10	6	1	2	1
5 and under	8.9	7	7	7	7	7	3	1	1	1
Males:										
6-11	4.6	14	13	14	10	12	5	1	3	1
12-19	5.8	18	18	17	10	15	7	1	4	2
20-29	7.3	14	13	13	9	8	5	1	2	1
30-39	8.3	17	13	10	8	10	5	2	5	2
40-49	7.0	10	10	10	6	10	6	2	3	2
50-59	4.6	10	9	8	5	7	5	1	3	1
60-69	3.4	10	9	9	6	8	6	1	3	2
70 and over	3.4	12	11	11	7	6	6	1	3	2
20 and over	33.9	6	5	5	4	4	3	1	2	1
Females:										
6-11	4.4	14	13	12	8	9	5	1	3	1
12-19	5.6	12	10	11	9	9	4	1	3	1
20-29	7.0	16	14	13	7	4	7	2	2	2
30-39	8.8	8	8	6	5	7	3	2	2	2
40-49	6.9	10	8	7	4	5	4	2	3	1
50-59	5.2	9	8	7	3	5	6	3	2	2
60-69	4.1	10	9	8	4	5	5	2	2	1
70 and over	4.9	10	10	10	3	7	7	2	2	1
20 and over	36.8	5	5	4	2	3	2	1	1	1
All individuals	100.0	4	4	3	3	4	2	1	1	*

-- Estimated mean is zero.

* Value is less than 0.5 but greater than zero.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 12Bse.--Milk and milk products: Standard errors of percentages of individuals consuming, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
	Percent	*Percent*								
Males and females:										
Under 1	1.1	2.6	2.6	1.7	1.4	1.0	--	0.2	1.8	2.0
1-2	3.1	0.5	0.6	0.8	1.9	1.6	0.5	0.9	1.2	1.7
3-5	4.7	0.8	1.2	1.2	1.7	2.0	0.7	0.6	1.3	1.8
5 and under	8.9	0.6	0.8	1.0	1.3	1.5	0.5	0.5	0.9	1.5
Males:										
6-11	4.6	1.2	1.9	2.3	2.3	2.6	1.4	0.8	1.6	1.7
12-19	5.8	1.5	1.9	2.2	1.9	2.2	0.8	0.5	1.4	2.0
20-29	7.3	2.0	1.9	1.9	1.2	1.5	0.9	0.5	1.1	1.8
30-39	8.3	1.5	2.3	2.3	1.7	2.1	1.1	0.7	1.5	2.1
40-49	7.0	1.7	1.8	1.8	1.8	1.7	1.2	1.0	1.5	2.1
50-59	4.6	1.8	2.0	2.2	1.3	1.6	1.3	0.6	1.4	1.7
60-69	3.4	1.3	1.8	2.0	2.0	2.1	1.3	0.5	1.4	2.0
70 and over	3.4	1.2	1.6	1.8	1.8	1.8	1.5	0.5	1.6	1.9
20 and over	33.9	0.8	0.8	0.9	1.0	1.0	0.5	0.3	0.7	0.9
Females:										
6-11	4.4	1.1	1.7	1.7	1.9	1.8	1.2	0.8	1.9	1.8
12-19	5.6	1.9	1.7	2.0	1.6	1.7	1.0	0.6	1.5	2.0
20-29	7.0	2.5	2.3	2.3	1.7	1.1	1.4	0.8	1.2	2.8
30-39	8.8	2.0	2.5	2.5	2.2	2.1	1.0	0.9	1.2	1.8
40-49	6.9	1.6	2.1	2.1	1.3	1.6	1.4	0.8	1.6	1.6
50-59	5.2	1.3	1.9	1.8	1.1	1.4	1.7	1.1	1.6	1.6
60-69	4.1	1.7	2.1	2.0	1.6	1.5	1.7	0.9	1.6	1.6
70 and over	4.9	1.9	2.0	2.0	1.5	1.8	1.9	0.8	1.8	1.9
20 and over	36.8	0.9	1.0	1.0	0.9	0.9	0.8	0.4	0.6	1.0
All individuals	100.0	0.6	0.7	0.7	0.8	0.9	0.5	0.3	0.5	0.8

-- Estimated percent is zero.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 13Ase.--Meat, poultry, and fish: Standard errors of mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent	*Grams*									
Males and females:											
Under 1	1.1	4	1	*	*	1	1	1	1	*	4
1-2	3.1	3	1	1	*	*	1	1	1	1	2
3-5	4.7	4	1	1	*	*	1	1	1	1	4
5 and under	8.9	2	1	*	*	*	1	1	1	*	2
Males:											
6-11	4.6	6	2	1	*	*	2	3	3	2	5
12-19	5.8	9	3	2	1	--	2	3	2	2	10
20-29	7.3	9	3	2	1	1	2	4	3	1	9
30-39	8.3	11	6	2	1	*	2	4	3	3	10
40-49	7.0	11	3	2	1	1	3	3	2	2	10
50-59	4.6	10	3	2	1	1	2	3	3	2	10
60-69	3.4	9	3	2	1	1	2	3	3	2	8
70 and over	3.4	7	2	1	1	1	2	2	2	1	7
20 and over	33.9	4	2	1	*	*	1	1	1	1	4
Females:											
6-11	4.4	5	2	1	*	*	1	2	2	1	5
12-19	5.6	7	2	1	*	*	1	2	2	1	7
20-29	7.0	7	2	1	1	*	1	2	2	2	7
30-39	8.8	7	2	1	*	*	2	2	2	1	5
40-49	6.9	6	2	1	1	*	1	2	1	1	6
50-59	5.2	7	2	1	*	*	1	2	2	2	7
60-69	4.1	6	1	1	*	*	1	1	1	2	6
70 and over	4.9	6	1	1	*	*	1	1	2	2	5
20 and over	36.8	3	1	*	*	*	1	1	1	1	3
All individuals	100.0	3	1	*	*	*	1	1	1	1	2

* Value less than 0.5 but greater than 0.

--Estimated mean is zero.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 13Bse.--Meat, poultry, and fish: Standard errors of percentages of individuals consuming, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent	*Percent*									
Males and females:											
Under 1	1.1	3.5	1.1	0.4	0.3	0.6	1.9	2.1	1.6	0.8	3.1
1-2	3.1	1.4	0.9	1.0	0.3	0.1	1.6	1.5	1.4	0.8	1.4
3-5	4.7	1.1	1.2	1.1	0.2	0.1	1.6	1.6	1.5	0.7	1.7
5 and under	8.9	0.9	0.7	0.8	0.2	0.1	1.3	1.2	1.1	0.5	1.0
Males:											
6-11	4.6	1.3	1.9	1.5	0.2	0.2	1.7	1.8	1.8	1.0	1.9
12-19	5.8	1.2	1.4	1.4	0.3	--	1.6	1.4	1.4	0.9	2.3
20-29	7.3	1.2	1.8	1.3	0.6	0.4	1.6	1.3	1.3	0.9	1.7
30-39	8.3	1.4	2.3	1.4	0.4	0.2	1.6	1.8	1.8	1.5	2.1
40-49	7.0	1.4	1.7	1.7	0.4	0.5	1.9	1.7	1.5	0.9	1.8
50-59	4.6	1.0	1.7	1.2	0.5	0.3	1.8	1.5	1.6	1.2	2.1
60-69	3.4	1.2	1.9	1.8	0.5	0.3	1.7	1.9	1.7	1.1	1.7
70 and over	3.4	1.0	1.6	1.3	0.6	0.4	1.4	1.2	1.3	0.9	2.2
20 and over	33.9	0.5	0.8	0.7	0.3	0.2	0.7	0.8	0.7	0.6	0.9
Females:											
6-11	4.4	1.5	1.7	1.2	0.3	0.2	1.6	1.9	1.7	0.9	2.1
12-19	5.6	1.5	1.5	1.4	0.1	0.1	1.6	1.3	1.4	1.0	1.7
20-29	7.0	1.5	1.5	1.0	0.4	0.1	1.7	2.1	2.0	0.8	2.2
30-39	8.8	1.8	1.5	1.3	0.2	0.3	1.4	1.4	1.4	0.8	2.0
40-49	6.9	1.1	1.4	1.3	0.4	0.2	1.5	1.4	1.1	0.9	1.5
50-59	5.2	1.3	1.5	1.4	0.4	0.3	1.5	1.7	1.8	1.2	2.1
60-69	4.1	1.1	1.4	1.4	0.5	0.3	1.8	1.5	1.3	1.4	1.9
70 and over	4.9	1.3	1.4	1.5	0.3	0.4	1.4	1.4	1.5	1.3	2.1
20 and over	36.8	0.6	0.6	0.7	0.2	0.1	0.7	0.8	0.9	0.5	1.1
All individuals	100.0	0.4	0.6	0.5	0.1	0.1	0.5	0.6	0.6	0.3	0.7

-- Estimated percent is zero.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 14Ase.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Standard errors of mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	Percent	*Grams*								
Males and females:										
Under 1	1.1	1	23	*	*	*	*	*	*	*
1-2	3.1	1	2	*	*	*	*	1	*	*
3-5	4.7	1	1	*	*	*	*	2	*	1
5 and under	8.9	1	3	*	*	*	*	1	*	*
Males:										
6-11	4.6	1	2	1	1	*	1	3	*	1
12-19	5.8	2	4	1	1	1	1	3	*	1
20-29	7.3	3	5	1	1	*	1	3	*	1
30-39	8.3	2	6	1	2	1	1	4	*	1
40-49	7.0	2	4	1	1	1	1	3	1	2
50-59	4.6	2	4	1	1	*	1	2	*	1
60-69	3.4	2	8	1	1	*	1	2	1	1
70 and over	3.4	1	4	1	1	*	1	2	*	1
20 and over	33.9	1	2	*	1	*	*	1	*	1
Females:										
6-11	4.4	1	2	1	1	*	1	3	*	1
12-19	5.6	2	3	1	1	*	1	3	*	1
20-29	7.0	2	4	*	1	*	1	2	1	1
30-39	8.8	2	3	1	1	*	1	1	1	1
40-49	6.9	1	2	1	1	*	1	2	*	1
50-59	5.2	1	3	1	1	*	1	2	*	1
60-69	4.1	2	3	*	1	*	1	2	*	*
70 and over	4.9	1	3	*	1	*	*	2	*	*
20 and over	36.8	1	1	*	1	*	*	1	*	*
All individuals	100.0	*	1	*	*	*	*	1	*	*

* Value less than 0.5 but greater than 0.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 14Bse.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Standard errors of percentages of individuals consuming, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	Percent	*Percent*								
Males and females:										
Under 1	1.1	1.8	2.8	0.7	1.5	1.4	1.2	1.9	0.7	0.5
1-2	3.1	1.7	1.0	1.0	1.3	1.3	0.9	1.2	0.7	1.2
3-5	4.7	1.3	0.9	1.2	1.8	1.5	1.0	1.6	0.9	1.4
5 and under	8.9	0.9	0.8	0.8	1.1	1.0	0.7	1.0	0.6	0.9
Males:										
6-11	4.6	1.3	1.1	1.5	1.7	1.8	1.8	2.4	1.4	1.6
12-19	5.8	1.5	1.5	1.2	2.2	1.8	1.4	2.0	1.2	1.7
20-29	7.3	1.6	1.3	0.9	2.1	1.8	2.2	1.7	1.3	1.6
30-39	8.3	1.7	1.3	0.9	2.1	2.1	1.6	2.4	2.1	1.3
40-49	7.0	1.1	1.3	1.1	1.8	1.9	1.7	2.6	2.1	1.5
50-59	4.6	1.3	1.4	1.0	1.7	1.6	1.8	2.0	1.8	1.5
60-69	3.4	1.6	1.6	1.0	1.9	2.0	2.2	1.8	1.9	1.2
70 and over	3.4	1.6	1.4	1.3	1.6	1.9	1.6	1.7	1.7	1.0
20 and over	33.9	0.8	0.7	0.4	1.2	1.0	1.0	1.0	0.9	0.6
Females:										
6-11	4.4	1.5	1.5	1.6	2.2	2.4	1.6	1.9	1.2	1.8
12-19	5.6	1.7	1.1	0.9	2.3	1.8	1.8	2.0	1.2	1.8
20-29	7.0	1.7	2.1	1.1	2.2	1.4	2.2	1.6	2.0	1.3
30-39	8.8	1.3	1.2	1.0	2.1	2.0	1.8	1.7	1.9	1.1
40-49	6.9	1.4	1.5	1.2	1.4	1.6	1.2	1.3	1.2	1.4
50-59	5.2	1.1	1.1	0.9	1.6	1.9	2.0	1.9	2.1	1.3
60-69	4.1	1.3	1.6	1.1	2.0	1.8	2.1	1.5	1.6	0.9
70 and over	4.9	1.4	1.4	0.9	2.2	2.3	1.3	1.9	2.1	1.1
20 and over	36.8	0.6	0.6	0.5	1.0	0.9	0.8	0.8	0.9	0.6
All individuals	100.0	0.5	0.6	0.3	0.9	0.8	0.7	0.6	0.6	0.5

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 15Ase.--Beverages: Standard errors of mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
	Percent	*Grams*												
Males and females:														
Under 1	1.1	3	--	--	--	3	--	1	3	2	2	1	1	--
1-2	3.1	8	--	--	--	8	*	2	7	7	3	3	2	1
3-5	4.7	12	--	--	--	12	*	4	9	9	2	4	4	2
5 and under	8.9	8	--	--	--	8	*	2	6	6	1	3	3	1
Males:														
6-11	4.6	18	*	--	--	18	1	8	9	8	3	13	13	6
12-19	5.8	42	15	1	14	34	4	23	16	13	8	31	31	4
20-29	7.3	73	60	3	59	41	24	16	14	13	7	32	31	12
30-39	8.3	43	21	3	20	39	25	22	7	8	5	26	23	18
40-49	7.0	45	33	4	30	43	34	21	13	13	4	21	19	12
50-59	4.6	36	15	2	14	32	25	20	12	11	7	16	16	11
60-69	3.4	34	17	4	16	29	23	15	8	7	2	12	8	8
70 and over	3.4	18	9	2	9	17	14	12	7	5	4	9	6	7
20 and over	33.9	28	19	1	18	23	12	12	5	5	3	14	15	5
Females:														
6-11	4.4	19	*	--	--	19	1	6	9	8	3	14	15	3
12-19	5.6	27	4	1	3	26	4	11	14	13	6	19	22	8
20-29	7.0	39	16	2	13	34	17	14	11	10	3	24	24	16
30-39	8.8	42	10	3	10	38	22	14	10	10	2	25	20	15
40-49	6.9	26	6	4	5	27	17	15	11	7	5	17	11	13
50-59	5.2	26	10	4	9	23	20	11	6	6	2	15	8	12
60-69	4.1	27	3	3	3	28	24	16	5	4	3	11	10	8
70 and over	4.9	17	3	2	2	16	11	11	5	5	2	7	6	4
20 and over	36.8	17	4	1	4	17	11	7	4	3	2	11	8	7
All individuals	100.0	15	7	1	6	15	7	7	3	2	1	9	8	4

--Estimated mean is zero.

* Value less than 0.5 but greater than 0.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 15Bse.--Beverages: Standard errors of percentages of individuals consuming, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
	Percent	*Percent*												
Males and females:														
Under 1	1.1	1.3	--	--	--	1.3	--	0.4	1.3	1.1	0.8	1.1	1.1	--
1-2	3.1	1.4	--	--	--	1.4	0.1	0.7	1.4	1.4	0.4	1.1	1.0	0.4
3-5	4.7	1.3	--	--	--	1.3	0.2	1.0	1.5	1.5	0.5	1.2	1.2	0.6
5 and under	8.9	1.0	--	--	--	1.0	0.1	0.6	1.1	1.1	0.3	0.9	0.9	0.4
Males:														
6-11	4.6	1.6	0.2	--	--	1.6	0.4	1.4	1.9	1.7	1.0	1.8	2.0	1.2
12-19	5.8	1.5	0.7	0.2	0.7	1.5	1.1	2.2	1.8	1.5	0.9	2.2	2.3	0.7
20-29	7.3	1.3	2.3	0.7	2.2	1.7	1.8	1.7	1.5	1.6	0.7	2.1	2.2	1.1
30-39	8.3	0.9	1.5	0.8	1.3	0.9	2.1	2.4	1.1	1.2	0.5	2.3	2.5	1.5
40-49	7.0	0.7	1.6	0.9	1.2	0.9	2.2	1.7	1.8	1.7	0.5	1.6	1.9	1.4
50-59	4.6	0.5	1.5	0.9	1.1	0.7	1.8	2.2	1.6	1.5	0.7	2.3	2.2	1.4
60-69	3.4	0.9	2.1	1.2	1.6	0.9	1.6	2.0	1.2	1.1	0.5	1.7	1.5	1.3
70 and over	3.4	1.1	1.6	0.8	0.8	1.1	1.8	1.8	1.2	1.1	0.5	1.6	1.2	1.1
20 and over	33.9	0.4	0.9	0.4	0.7	0.5	1.0	1.3	0.7	0.7	0.3	1.1	1.4	0.6
Females:														
6-11	4.4	2.0	0.2	--	--	2.0	0.4	1.2	2.0	2.0	0.4	2.0	2.1	0.8
12-19	5.6	1.6	0.6	0.3	0.4	1.6	0.7	2.0	2.0	1.7	1.0	1.8	2.0	1.4
20-29	7.0	0.9	1.2	0.5	1.0	1.0	2.1	2.2	1.4	1.3	0.7	2.2	2.6	1.5
30-39	8.8	1.1	1.5	0.9	0.8	1.1	2.0	1.9	1.3	1.3	0.5	2.0	2.1	1.7
40-49	6.9	0.9	1.2	1.1	0.7	0.9	1.5	1.6	1.1	1.0	0.5	1.7	1.7	1.1
50-59	5.2	1.1	1.3	1.0	0.6	1.1	1.8	1.8	1.1	1.0	0.4	1.9	1.7	1.4
60-69	4.1	1.2	1.4	1.4	0.5	1.2	1.8	2.4	1.3	1.2	0.4	1.9	2.1	1.5
70 and over	4.9	1.5	1.1	0.9	0.3	1.5	1.8	1.9	1.1	1.1	0.5	1.7	1.2	1.1
20 and over	36.8	0.4	0.7	0.5	0.3	0.4	1.1	0.9	0.4	0.5	0.2	1.0	0.9	0.8
All individuals	100.0	0.4	0.5	0.3	0.3	0.4	0.8	1.0	0.3	0.4	0.2	0.7	0.8	0.5

-- Estimated percent is zero.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 16Ase.--Grain group: Standard errors of mean numbers of Pyramid servings consumed per day, by sex and age, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs

Sex and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	Percent	*Servings ‡*		
Males:				
2-5	3.3	.1	*	.1
6-11	4.7	.1	.1	.1
12-19	5.9	.1	.1	.1
20-29	7.5	.2	.1	.1
30-39	8.5	.4	.1	.4
40-49	7.1	.1	.1	.1
50-59	4.8	.1	.1	.1
60-69	3.5	.1	.1	.1
70 and over	3.4	.1	.1	.1
20 and over	34.8	.1	*	.1
Females:				
2-5	3.1	.1	*	.1
6-11	4.5	.1	*	.1
12-19	5.7	.1	.1	.1
20-29	7.2	.2	.1	.1
30-39	9.0	.1	*	.1
40-49	7.1	.1	.1	.1
50-59	5.3	.1	*	.1
60-69	4.3	.1	*	.1
70 and over	4.9	.1	.1	.1
20 and over	37.8	.1	*	*
All Individuals 2 and over	100.0	.1	*	.1

‡ One serving is 1 slice of bread; 1 small roll; 1/2 bagel, English muffin, or croissant; 1 ounce of ready-to-eat cereal; 1/2 cup cooked cereal, rice, or pasta; 1 small muffin; or amounts of other grain products such as pretzels and cakes that contain an amount of grain equivalent to that in a standard slice of bread. For children 2 to 5 years old who consume less than 1,600 calories per day, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs. Whole- and nonwhole-grain servings were calculated based on the proportion of whole- and nonwhole-grain ingredients in foods as consumed.

* Value less than 0.05 but greater than zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 16Bse.--Grain group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent	*Percent*		
Males:				
2-5	3.3	*	2	2
6-11	4.7	*	2	2
12-19	5.9	*	2	2
20-29	7.5	*	2	2
30-39	8.5	*	2	2
40-49	7.1	*	2	2
50-59	4.8	*	2	2
60-69	3.5	*	3	3
70 and over	3.4	*	2	2
20 and over	34.8	*	1	1
Females:				
2-5	3.1	*	2	2
6-11	4.5	*	2	2
12-19	5.7	*	2	2
20-29	7.2	1	3	3
30-39	9.0	*	2	2
40-49	7.1	*	2	2
50-59	5.3	*	2	2
60-69	4.3	1	2	2
70 and over	4.9	*	2	2
20 and over	37.8	*	1	1
All Individuals 2 and over	100.0	*	1	1

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 6 servings of grain per day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 9 servings of grain per day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 11 servings of grain per day.

* Value less than 0.05 but greater than zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 17Ase.--Vegetable group: Standard errors of mean numbers of Pyramid servings consumed per day, by sex and age, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs

Sex and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy ‡		
	Percent	*Servings §*							
Males:									
2-5	3.3	.1	*	*	*	*	*	*	*
6-11	4.7	.1	*	*	*	.1	*	*	*
12-19	5.9	.1	*	*	*	.1	*	*	*
20-29	7.5	.1	*	*	*	.1	*	*	.1
30-39	8.5	.1	*	*	*	.1	*	*	*
40-49	7.1	.1	*	*	*	.1	*	*	*
50-59	4.8	.1	*	*	*	.1	*	*	*
60-69	3.5	.1	*	*	*	.1	*	*	.1
70 and over	3.4	.1	*	*	*	*	*	*	.1
20 and over	34.8	.1	*	*	*	*	*	*	*
Females:									
2-5	3.1	.1	*	*	*	*	*	*	*
6-11	4.5	.1	*	*	*	*	*	*	*
12-19	5.7	.1	*	*	*	.1	*	*	*
20-29	7.2	.1	*	*	*	.1	*	*	*
30-39	9.0	.1	*	*	*	*	*	*	*
40-49	7.1	.1	*	*	*	*	*	*	*
50-59	5.3	.1	*	*	*	*	*	*	*
60-69	4.3	.1	*	*	*	*	*	*	*
70 and over	4.9	.1	*	*	*	*	*	*	*
20 and over	37.8	*	*	*	*	*	*	*	*
All Individuals 2 and over	100.0	*	*	*	*	*	*	*	*

‡ Examples are corn, green peas, and lima beans (immature).

§ One serving is 1 cup of raw leafy vegetables; 1/2 cup of cooked or chopped raw vegetables; 1 ounce of vegetable chips; or 3/4 cup of vegetable juice. For children 2 to 5 years old who consume less than 1,600 calories per day, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs.

* Value less than 0.05 but greater than zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 17Bse.--Vegetable group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent	*Percent*		
Males:				
2-5	3.3	2	2	1
6-11	4.7	2	2	2
12-19	5.9	1	2	2
20-29	7.5	1	2	2
30-39	8.5	1	2	2
40-49	7.1	1	2	2
50-59	4.8	1	2	2
60-69	3.5	1	2	2
70 and over	3.4	1	2	2
20 and over	34.8	*	1	1
Females:				
2-5	3.1	1	2	2
6-11	4.5	2	2	2
12-19	5.7	2	3	3
20-29	7.2	1	2	2
30-39	9.0	1	2	2
40-49	7.1	1	2	2
50-59	5.3	1	2	2
60-69	4.3	1	2	2
70 and over	4.9	1	2	2
20 and over	37.8	*	1	1
All Individuals 2 and over	100.0	*	1	1

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 3 servings of vegetables per day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 4 servings of vegetables per day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 5 servings of vegetables per day.

* Value less than 0.05 but greater than zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 18Ase.--Fruit group: Standard errors of mean intakes of Pyramid servings per day, by sex and age, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of fruits each day, depending on calorie needs

Sex and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	Percent	*Servings ‡*		
Males:				
2-5	3.3	.1	*	.1
6-11	4.7	.1	.1	*
12-19	5.9	.1	.1	*
20-29	7.5	.1	.1	*
30-39	8.5	.1	*	*
40-49	7.1	.1	.1	*
50-59	4.8	.1	.1	*
60-69	3.5	.1	*	*
70 and over	3.4	.1	.1	.1
20 and over	34.8	*	*	*
Females:				
2-5	3.1	.1	*	.1
6-11	4.5	.1	*	*
12-19	5.7	.1	.1	.1
20-29	7.2	.1	.1	*
30-39	9.0	.1	.1	*
40-49	7.1	.1	.1	*
50-59	5.3	.1	.1	*
60-69	4.3	.1	.1	*
70 and over	4.9	.1	*	*
20 and over	37.8	*	*	*
All Individuals 2 and over	100.0	*	*	*

‡ One serving is a whole fruit such as a medium apple, banana, or orange; a grapefruit half; 1/2 cup of berries, melon, or chopped raw fruit; 1/2 cup of cooked or canned fruit; 1/4 cup of dried fruit; or 3/4 cup of fruit juice. For children 2 to 5 years old who consume less than 1,600 calories, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs.

* Value less than 0.05 but greater than zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 18Bse.--Fruit group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent	*Percent*		
Males:				
2-5	3.3	1	2	2
6-11	4.7	2	2	2
12-19	5.9	2	2	2
20-29	7.5	2	2	2
30-39	8.5	2	2	1
40-49	7.1	2	2	2
50-59	4.8	2	2	2
60-69	3.5	2	2	2
70 and over	3.4	2	2	2
20 and over	34.8	1	1	1
Females:				
2-5	3.1	2	2	2
6-11	4.5	2	2	2
12-19	5.7	2	2	2
20-29	7.2	2	2	2
30-39	9.0	2	2	2
40-49	7.1	2	2	2
50-59	5.3	2	2	2
60-69	4.3	2	2	2
70 and over	4.9	2	2	2
20 and over	37.8	1	1	1
All Individuals 2 and over	100.0	1	1	1

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 2 servings fruit of per day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 3 servings of fruit per day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 4 servings of fruit per day.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 19Ase.--Dairy group: Standard errors of mean intakes of Pyramid servings per day, by sex and age, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating 2 or 3 servings of dairy products each day, depending on age and physiological status

Sex and age (years)	Percentage of population	Total dairy ‡	Milk	Yogurt	Cheese
	Percent	*Servings §*			
Males:					
2-5	3.3	*	*	*	*
6-11	4.7	.1	.1	*	*
12-19	5.9	.1	.1	*	*
20-29	7.5	.1	*	*	*
30-39	8.5	.1	.1	*	.1
40-49	7.1	.1	*	*	*
50-59	4.8	*	*	*	*
60-69	3.5	*	*	*	*
70 and over	3.4	*	*	*	*
20 and over	34.8	*	*	*	*
Females:					
2-5	3.1	*	*	*	*
6-11	4.5	.1	.1	*	*
12-19	5.7	*	*	*	*
20-29	7.2	.1	*	*	*
30-39	9.0	*	*	*	*
40-49	7.1	*	*	*	*
50-59	5.3	*	*	*	*
60-69	4.3	*	*	*	*
70 and over	4.9	*	*	*	*
20 and over	37.8	*	*	*	*
All Individuals 2 and over	100.0	*	*	*	*

‡ Includes small amounts of miscellaneous dairy products, such as whey and nonfat sour cream, that are not included in the subgroups milk, yogurt, cheese.

§ One serving is 1 cup of milk, 1 cup of yogurt, 1-1/2 ounces of natural cheese, 2 ounces of processed cheese, 1/2 cup of ricotta cheese, or 2 cups of cottage cheese. Dairy desserts, such as ice cream, ice milk, frozen yogurt, custard, and pudding, were separated into ingredients, and servings from dairy ingredients (usually milk) are tabulated. Serving sizes are the same for all individuals regardless of age.

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 19Bse.--Dairy group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	Percent	*Percent*		
Males:				
2-5	3.3	1	2	2
6-11	4.7	1	2	2
12-19	5.9	2	2	2
20-29	7.5	2	2	2
30-39	8.5	3	2	2
40-49	7.1	2	2	2
50-59	4.8	2	2	2
60-69	3.5	2	2	2
70 and over	3.4	2	2	2
20 and over	34.8	1	1	1
Females:				
2-5	3.1	2	2	2
6-11	4.5	2	3	3
12-19	5.7	2	1	1
20-29	7.2	3	2	2
30-39	9.0	2	2	2
40-49	7.1	2	1	1
50-59	5.3	2	1	1
60-69	4.3	2	1	1
70 and over	4.9	2	2	2
20 and over	37.8	1	1	1
All Individuals 2 and over	100.0	1	1	1

‡ The recommendation for an individual is based on age and physiological status. Women who were pregnant or lactating and individuals 11 to 24 years of age were counted as meeting the recommendation if they consumed at least 3 servings of dairy products per day; all other individuals were counted as meeting the recommendation if they consumed at least 2 servings of dairy products per day.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 20Ase.--Meat group: Standard errors of mean intakes of ounces of cooked lean meat or the equivalent per day, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates each day, depending on calorie needs

Sex and age (years)	Percentage of population	Total meat and alternates ‡	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products §	Nuts and seeds
	Percent	*Ounces cooked lean meat equivalents ¶*								
Males:										
2-5	3.3	.1	*	*	*	*	*	*	*	*
6-11	4.7	.1	.1	.1	*	*	*	*	*	*
12-19	5.9	.2	.2	.1	*	*	.1	*	*	*
20-29	7.5	.1	.1	.1	*	*	*	*	*	*
30-39	8.5	.4	.2	.1	.1	*	.2	*	*	*
40-49	7.1	.1	.1	.1	*	*	.1	*	*	*
50-59	4.8	.2	.1	.1	.1	*	*	*	*	*
60-69	3.5	.1	.1	.1	.1	*	*	*	*	*
70 and over	3.4	.1	.1	.1	*	*	*	*	*	*
20 and over	34.8	.1	.1	.1	*	*	.1	*	*	*
Females:										
2-5	3.1	.1	*	*	*	*	*	*	*	*
6-11	4.5	.1	.1	*	*	*	*	*	*	*
12-19	5.7	.1	.1	*	*	*	*	*	*	*
20-29	7.2	.1	.1	.1	*	*	*	*	*	*
30-39	9.0	.1	.1	.1	*	*	*	*	*	*
40-49	7.1	.1	.1	.1	*	*	*	*	*	*
50-59	5.3	.1	.1	.1	*	*	*	*	*	*
60-69	4.3	.1	*	.1	.1	*	*	*	*	*
70 and over	4.9	.1	*	.1	.1	*	*	*	*	*
20 and over	37.8	*	*	*	*	*	*	*	*	*
All Individuals 2 and over	100.0	.1	*	*	*	*	*	*	*	*

‡ Excludes cooked dry beans and peas, which are tabulated with vegetables in table 17Ase; according to USDA's Food Guide Pyramid they can be counted as a vegetable or a meat alternate.

§ Includes tofu and simulated meat products made from soy.

¶ Only the lean portion of meat, poultry, fish, and simulated meat products is tabulated here. One egg, 1/2 cup of tofu, 2 tablespoons of peanut butter, 1/3 cup of nuts, and 1/4 cup of seeds are each equivalent to 1 ounce of cooked lean meat. Fat in excess of amounts in the leanest meats is tabulated as discretionary fat in table 21se.

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 20Bse.--Meat group: Standard errors of percentages of individuals consuming specifed numbers of ounces of cooked lean meat or the equivalent per day, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least 5 ounce equivalents a day	Consuming number of ounce equivalents recommended based on caloric intake ‡
	Percent	*Percent*		
Males:				
2-5	3.3	1	1	2
6-11	4.7	1	2	2
12-19	5.9	1	2	2
20-29	7.5	1	2	2
30-39	8.5	*	2	2
40-49	7.1	1	2	2
50-59	4.8	*	2	2
60-69	3.5	*	3	3
70 and over	3.4	1	2	2
20 and over	34.8	*	1	1
Females:				
2-5	3.1	1	1	1
6-11	4.5	1	1	1
12-19	5.7	1	2	2
20-29	7.2	1	2	2
30-39	9.0	1	2	2
40-49	7.1	1	2	2
50-59	5.3	1	2	2
60-69	4.3	1	2	2
70 and over	4.9	1	1	1
20 and over	37.8	*	1	1
All Individuals 2 and over	100.0	*	1	1

‡ Recommended amounts were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 5 ounces of cooked lean meat equivalents a day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 6 ounces of cooked lean meat equivalents a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 7 ounces of cooked lean meat equivalents a day. The recommendation was adjusted for children 2 to 5 years old who consumed less than 1,600 calories. To allow for their lower energy needs, the minimum recommendation was lowered by one-third to 3.3 ounce equivalents.

* Value less than 0.05 but greater than zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 21se.--Pyramid tip: Standard errors of mean daily intakes of discretionary fat and added sugars per day, by sex and age, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they provide energy but little else of nutritional value

Sex and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Fat	Discretionary fat ‡	Added sugars §	Discretionary fat	Added sugars
	Percent	*Kilocalories*	*Percent of total kilocalories*			*Grams*	*Teaspoons ¶*
Males:							
2-5	3.3	18	.20	.20	.30	.60	.40
6-11	4.7	24	.20	.20	.30	.90	.50
12-19	5.9	47	.30	.30	.40	1.8	.90
20-29	7.5	49	.30	.30	.40	1.4	.90
30-39	8.5	119	.30	.30	.40	4.6	1.7
40-49	7.1	34	.30	.30	.40	1.4	.80
50-59	4.8	27	.30	.30	.40	1.3	.50
60-69	3.5	28	.30	.30	.30	1.1	.50
70 and over	3.4	25	.40	.40	.30	1.1	.40
20 and over	34.8	35	.20	.20	.20	1.3	.60
Females:							
2-5	3.1	21	.30	.30	.30	.90	.40
6-11	4.5	23	.20	.20	.30	.80	.50
12-19	5.7	36	.30	.30	.50	1.1	.80
20-29	7.2	31	.40	.40	.60	1.2	.80
30-39	9.0	23	.30	.30	.50	1.0	.70
40-49	7.1	21	.40	.40	.30	1.1	.40
50-59	5.3	21	.30	.30	.20	.90	.30
60-69	4.3	20	.30	.30	.40	.80	.40
70 and over	4.9	17	.40	.40	.30	.80	.30
20 and over	37.8	13	.20	.20	.30	.60	.30
All Individuals 2 and over	100.0	18	.10	.10	.20	.70	.30

‡ Discretionary fat includes fats added to foods in preparation and at the table (that is, cream, butter, margarine, cream cheese, oil, lard, meat drippings, cocoa, and chocolate) and fat from grain products, vegetables, fruits, dairy products, and meats and meat alternates beyond amounts people would consume if they selected only the lowest-fat foods in each food group.

§ Includes white sugar, brown sugar, raw sugar, corn syrup, honey, molasses, and artificial sweeteners containing carbohydrate that were eaten separately or used as ingredients in processed or prepared foods such as breads, cakes, soft drinks, jams, and ice cream. Does not include sugars such as fructose and lactose that occur naturally in foods such as fruit and milk.

¶ Quantities are standardized on a carbohydrate equivalent basis. One teaspoon of added sugars is defined as the quantity of a sweetener that contains the same amount of carbohydrate as 1 teaspoon (4 grams) of table sugar (sucrose).

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 22.1se--Saturated fatty acids as sources of food energy: Standard errors of mean percentages of food energy, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Food energy	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
	Percent	*Kilocalories*	*Percent of kilocalories*								
Males and females:											
Under 1	1.1	19	*	*	*	*	0.1	0.1	0.2	*	0.3
1-2	3.1	16	*	*	*	*	*	*	0.1	*	0.2
3-5	4.7	21	*	*	*	*	*	*	0.1	*	0.1
5 and under	8.9	17	*	*	*	*	*	*	0.1	*	0.1
Males:											
6-11	4.6	27	*	*	*	*	*	*	0.1	*	0.1
12-19	5.8	45	*	*	*	*	*	*	0.1	*	0.2
20-29	7.3	59	*	*	*	*	*	*	0.1	*	0.2
30-39	8.3	69	*	*	*	*	*	*	0.1	*	0.1
40-49	7.0	48	*	*	*	*	*	*	0.1	*	0.1
50-59	4.6	31	*	*	*	*	*	*	0.1	*	0.1
60-69	3.4	33	*	*	*	*	*	*	0.1	*	0.2
70 and over	3.4	28	*	*	*	*	*	*	0.1	*	0.2
20 and over	33.9	29	*	*	*	*	*	*	*	*	0.1
Females:											
6-11	4.4	30	*	*	*	*	*	*	0.1	*	0.2
12-19	5.6	35	*	*	*	*	*	*	0.1	*	0.2
20-29	7.0	42	*	*	*	*	*	*	0.1	0.1	0.2
30-39	8.8	31	*	*	*	*	*	*	0.1	*	0.2
40-49	6.9	23	*	*	*	*	*	*	0.1	*	0.2
50-59	5.2	27	*	*	*	*	*	*	0.1	*	0.2
60-69	4.1	21	*	*	*	*	*	*	0.1	*	0.2
70 and over	4.9	19	*	*	*	*	*	*	0.1	*	0.1
20 and over	36.8	13	*	*	*	*	*	*	*	*	0.1
All individuals	100.0	16	*	*	*	*	*	*	*	*	0.1

* Value less than 0.05 but greater than zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 22.2se--Monounsaturated fatty acids as sources of food energy: Standard errors of mean percentages of food energy, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Food energy	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
	Percent	*Kilocalories*	*Percent of kilocalories*				
Males and females:							
Under 1	1.1	19.147	*	0.3	*	*	0.3
1-2	3.1	16.28	*	0.1	*	*	0.1
3-5	4.7	20.817	*	0.1	*	*	0.1
5 and under	8.9	16.523	*	0.1	*	*	0.1
Males:							
6-11	4.6	26.621	*	0.1	*	*	0.1
12-19	5.8	45.094	*	0.1	*	*	0.1
20-29	7.3	59.389	*	0.1	*	*	0.2
30-39	8.3	69.362	*	0.1	*	*	0.1
40-49	7.0	47.683	*	0.2	*	*	0.2
50-59	4.6	30.836	*	0.2	*	*	0.2
60-69	3.4	32.766	*	0.2	*	*	0.2
70 and over	3.4	27.916	*	0.2	*	*	0.2
20 and over	33.9	29.258	*	0.1	*	*	0.1
Females:							
6-11	4.4	30.298	*	0.1	*	*	0.1
12-19	5.6	35.346	*	0.1	*	*	0.1
20-29	7.0	41.6	*	0.2	*	*	0.2
30-39	8.8	31.392	*	0.1	*	*	0.1
40-49	6.9	22.904	*	0.2	*	*	0.2
50-59	5.2	26.656	*	0.2	*	*	0.2
60-69	4.1	20.917	*	0.2	*	*	0.2
70 and over	4.9	19.472	*	0.2	*	*	0.2
20 and over	36.8	12.614	*	0.1	*	*	0.1
All individuals	100.0	15.798	*	0.1	*	*	0.1

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 22.3se--Polyunsaturated fatty acids as sources of food energy: Standard errors of mean percentages of food energy, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Food energy	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
	Percent	*Kilocalories*	*Percent of kilocalories*							
Males and females:										
Under 1	1.1	19.1	0.1	*	--	*	*	*	*	0.2
1-2	3.1	16.3	0.1	*	*	*	*	*	*	0.1
3-5	4.7	20.8	0.1	*	*	*	*	*	*	0.1
5 and under	8.9	16.5	0.1	*	*	*	*	*	*	0.1
Males:										
6-11	4.6	26.6	0.1	*	*	*	*	*	*	0.1
12-19	5.8	45.1	0.1	*	*	*	*	*	*	0.1
20-29	7.3	59.4	0.1	*	*	*	*	*	*	0.1
30-39	8.3	69.4	0.1	*	*	*	*	*	*	0.2
40-49	7.0	47.7	0.1	*	*	*	*	*	*	0.1
50-59	4.6	30.8	0.1	*	*	*	*	*	*	0.1
60-69	3.4	32.8	0.1	*	*	*	*	*	*	0.1
70 and over	3.4	27.9	0.1	*	*	*	*	*	*	0.1
20 and over	33.9	29.3	0.1	*	*	*	*	*	*	0.1
Females:										
6-11	4.4	30.3	0.1	*	*	*	*	*	*	0.1
12-19	5.6	35.3	0.1	*	*	*	*	*	*	0.1
20-29	7.0	41.6	0.1	*	*	*	*	*	*	0.2
30-39	8.8	31.4	0.1	*	*	*	*	*	*	0.1
40-49	6.9	22.9	0.1	*	*	*	*	*	*	0.1
50-59	5.2	26.7	0.1	*	*	*	*	*	*	0.1
60-69	4.1	20.9	0.1	*	*	*	*	*	*	0.1
70 and over	4.9	19.5	0.1	*	*	*	*	*	*	0.1
20 and over	36.8	12.6	*	*	*	*	*	*	*	0.1
All individuals	100.0	15.798	*	*	*	*	*	*	*	*

* Value less than 0.05 but greater than 0.

-- Estimated percent is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 23.1se--Saturated fatty acids intakes: Standard errors of mean per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
	Percent	*Grams*								
Males and females:										
Under 1	1.1	*	*	*	*	0.1	0.1	0.2	0.1	0.4
1-2	3.1	*	*	*	*	*	0.1	0.2	0.1	0.4
3-5	4.7	*	*	*	*	*	*	0.2	0.1	0.4
5 and under	8.9	*	*	*	*	*	*	0.2	0.1	0.3
Males:										
6-11	4.6	*	*	*	*	*	0.1	0.3	0.1	0.5
12-19	5.8	*	*	*	*	0.1	0.1	0.4	0.2	0.8
20-29	7.3	*	*	*	*	*	0.1	0.5	0.2	0.9
30-39	8.3	0.1	*	*	*	0.1	0.2	0.7	0.3	1.4
40-49	7.0	*	*	*	*	0.1	0.1	0.5	0.3	0.9
50-59	4.6	*	*	*	*	*	0.1	0.3	0.1	0.6
60-69	3.4	*	*	*	*	*	0.1	0.3	0.2	0.6
70 and over	3.4	*	*	*	*	0.1	0.1	0.3	0.1	0.5
20 and over	33.9	*	*	*	*	*	0.1	0.3	0.1	0.5
Females:										
6-11	4.4	*	*	*	*	0.1	0.1	0.3	0.1	0.6
12-19	5.6	*	*	*	*	0.1	0.1	0.3	0.1	0.5
20-29	7.0	*	*	*	*	*	0.1	0.3	0.2	0.7
30-39	8.8	*	*	*	*	*	0.1	0.3	0.2	0.5
40-49	6.9	*	*	*	*	*	0.1	0.3	0.1	0.5
50-59	5.2	*	*	*	*	*	0.1	0.3	0.1	0.5
60-69	4.1	*	*	*	*	*	*	0.2	0.1	0.4
70 and over	4.9	*	*	*	*	*	*	0.2	0.1	0.4
20 and over	36.8	*	*	*	*	*	*	0.1	0.1	0.2
All individuals	100.0	*	*	*	*	*	*	0.1	0.1	0.3

* Value less than 0.05 but greater than zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 23.2se--Monounsaturated fatty acids intakes: Standard errors of mean per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
	Percent	*Grams*				
Males and females:						
Under 1	1.1	*	0.4	*	*	0.4
1-2	3.1	*	0.3	*	*	0.3
3-5	4.7	*	0.4	*	*	0.4
5 and under	8.9	*	0.3	*	*	0.3
Males:						
6-11	4.6	*	0.5	*	*	0.5
12-19	5.8	0.1	0.7	*	*	0.8
20-29	7.3	0.1	0.9	*	*	1.0
30-39	8.3	0.1	1.1	*	*	1.2
40-49	7.0	0.1	0.9	*	*	1.0
50-59	4.6	*	0.7	*	*	0.7
60-69	3.4	*	0.7	*	*	0.7
70 and over	3.4	*	0.5	*	*	0.6
20 and over	33.9	*	0.5	*	*	0.5
Females:						
6-11	4.4	*	0.5	*	*	0.5
12-19	5.6	*	0.5	*	*	0.6
20-29	7.0	*	0.6	*	*	0.7
30-39	8.8	*	0.6	*	*	0.6
40-49	6.9	*	0.5	*	*	0.5
50-59	5.2	*	0.5	*	*	0.6
60-69	4.1	*	0.4	*	*	0.4
70 and over	4.9	*	0.4	*	*	0.4
20 and over	36.8	*	0.2	*	*	0.3
All individuals	100.0	*	0.3	*	*	0.3

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 23.3se--Polyunsaturated fatty acids intakes: Standard errors of mean per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
	Percent	*Grams*							
Males and females:									
Under 1	1.1	0.2	*	--	*	*	*	*	0.2
1-2	3.1	0.1	*	*	*	*	*	*	0.1
3-5	4.7	0.2	*	*	*	*	*	*	0.2
5 and under	8.9	0.1	*	*	*	*	*	*	0.1
Males:									
6-11	4.6	0.3	*	*	*	*	*	*	0.3
12-19	5.8	0.5	*	*	*	*	*	*	0.5
20-29	7.3	0.6	0.1	*	*	*	*	*	0.6
30-39	8.3	0.6	0.1	*	*	*	*	*	0.7
40-49	7.0	0.5	*	*	*	*	*	*	0.5
50-59	4.6	0.4	*	*	*	*	*	*	0.4
60-69	3.4	0.3	*	*	*	*	*	*	0.3
70 and over	3.4	0.3	*	*	*	*	*	*	0.4
20 and over	33.9	0.2	*	*	*	*	*	*	0.2
Females:									
6-11	4.4	0.3	*	*	*	*	*	*	0.3
12-19	5.6	0.3	*	*	*	*	*	*	0.3
20-29	7.0	0.4	*	*	*	*	*	*	0.4
30-39	8.8	0.3	*	*	*	*	*	*	0.3
40-49	6.9	0.3	*	*	*	*	*	*	0.4
50-59	5.2	0.4	*	*	*	*	*	*	0.4
60-69	4.1	0.3	*	*	*	*	*	*	0.3
70 and over	4.9	0.3	*	*	*	*	*	*	0.3
20 and over	36.8	0.2	*	*	*	*	*	*	0.2
All individuals	100.0	0.2	*	*	*	*	*	*	0.2

* Value less than 0.05 but greater than 0.

-- Estimated percent is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 24se.--Fatty acids: Standard errors of mean percentages of total intake contributed by individual fatty acids, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total fatty acids	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0
	Percent	*Grams*	*Percent*							
Males and females:										
Under 1	1.1	0.9	*	*	0.1	0.1	0.4	0.2	0.3	0.1
1-2	3.1	0.8	*	*	*	*	*	0.1	0.1	0.1
3-5	4.7	0.9	*	*	*	*	*	0.1	0.1	0.1
5 and under	8.9	0.7	*	*	*	*	0.1	0.1	0.1	0.1
Males:										
6-11	4.6	1.1	*	*	*	*	*	0.1	0.1	0.1
12-19	5.8	1.9	*	*	*	*	0.1	0.1	0.1	0.1
20-29	7.3	2.4	*	*	*	*	*	0.1	0.2	0.1
30-39	8.3	3.2	*	*	*	*	*	0.1	0.1	0.1
40-49	7.0	2.3	*	*	*	*	*	0.1	0.1	0.1
50-59	4.6	1.6	*	*	*	*	0.1	0.1	0.1	0.1
60-69	3.4	1.5	*	*	*	*	0.1	0.1	0.1	0.1
70 and over	3.4	1.3	*	*	*	*	0.1	0.1	0.1	0.1
20 and over	33.9	1.2	*	*	*	*	*	*	0.1	*
Females:										
6-11	4.4	1.3	*	*	*	*	0.1	0.1	0.1	0.1
12-19	5.6	1.2	*	*	*	*	0.1	0.1	0.1	0.1
20-29	7.0	1.6	*	*	*	*	0.1	0.1	0.2	0.1
30-39	8.8	1.4	*	*	*	*	0.1	0.1	0.1	0.1
40-49	6.9	1.3	*	*	*	*	0.1	0.1	0.1	0.1
50-59	5.2	1.3	*	*	*	*	0.1	0.1	0.1	0.1
60-69	4.1	1.0	*	*	*	*	0.1	0.1	0.1	0.1
70 and over	4.9	1.0	*	*	*	*	0.1	0.1	0.1	0.1
20 and over	36.8	0.6	*	*	*	*	*	*	0.1	*
All individuals	100.0	0.7	*	*	*	*	*	*	*	*

Continued

Table 24se.--Fatty acids: Standard errors of mean percentages of total intake contributed by individual fatty acids, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	16:1	18:1	20:1	22:1	18:2	18.3	18:4	20.4	20:5	22:5	22:6
	Percent										
Males and females:											
Under 1	*	0.7	*	*	0.3	0.1	*	*	*	*	*
1-2	*	0.2	*	*	0.2	*	*	*	*	*	*
3-5	*	0.1	*	*	0.2	*	*	*	*	*	*
5 and under	*	0.1	*	*	0.1	*	*	*	*	*	*
Males:											
6-11	*	0.2	*	*	0.2	*	*	*	*	*	*
12-19	*	0.2	*	*	0.3	*	*	*	*	*	*
20-29	*	0.2	*	*	0.4	*	*	*	*	*	*
30-39	*	0.2	*	*	0.4	0.1	*	*	*	*	*
40-49	*	0.2	*	*	0.3	*	*	*	*	*	*
50-59	*	0.2	*	*	0.2	*	*	*	*	*	*
60-69	*	0.2	*	*	0.3	*	*	*	*	*	*
70 and over	*	0.2	*	*	0.3	*	*	*	*	*	*
20 and over	*	0.1	*	*	0.2	*	*	*	*	*	*
Females:											
6-11	*	0.2	*	*	0.3	*	*	*	*	*	*
12-19	*	0.3	*	*	0.4	*	*	*	*	*	*
20-29	*	0.2	*	*	0.4	0.1	*	*	*	*	*
30-39	*	0.2	*	*	0.3	*	*	*	*	*	*
40-49	*	0.2	*	*	0.3	*	*	*	*	*	*
50-59	*	0.2	*	*	0.4	*	*	*	*	*	*
60-69	*	0.2	*	*	0.3	*	*	*	*	*	*
70 and over	*	0.2	*	*	0.2	*	*	*	*	*	*
20 and over	*	0.1	*	*	0.1	*	*	*	*	*	*
All individuals	*	0.1	*	*	0.1	*	*	*	*	*	*

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 25.1se--Saturated fatty acids from selected food groups: Standard errors of mean intakes, individuals 20 years and older, 1 day, 1994-96

Sex and age (years)	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
	Grams								
Males: (n = 5,056)									
Males 20 and over:									
Grain products	*	*	*	*	0.01	0.02	0.08	0.04	0.1
Vegetables	*	*	*	*	*	0.01	0.07	0.02	0.1
Fruits	*	*	*	*	*	*	*	*	*
Milk and milk products	0.01	0.01	*	0.01	0.02	0.03	0.09	0.04	0.2
Meat, poultry, fish	*	*	*	*	*	0.01	0.12	0.06	0.2
Eggs	*	*	*	*	*	*	0.03	0.01	*
Legumes	*	*	*	*	*	*	0.02	0.01	*
Fats and oils	0.01	*	*	0.01	0.01	0.02	0.08	0.03	0.2
Nuts and seeds	--	*	*	*	*	*	0.02	0.01	*
Sugars and sweets	*	*	*	*	0.01	*	0.03	0.03	0.1
Beverages	*	*	*	*	0.01	*	*	*	*
Females: (n = 4,816)									
Females 20 and over:									
Grain products	*	*	*	*	0.01	0.01	0.06	0.03	0.1
Vegetables	*	*	*	*	*	*	0.04	0.01	0.1
Fruits	*	*	*	*	*	*	*	*	*
Milk and milk products	0.01	*	*	*	0.01	0.02	0.05	0.02	0.1
Meat, poultry, fish	*	*	*	*	*	0.01	0.08	0.04	0.1
Eggs	*	*	*	*	*	*	0.01	0.01	*
Legumes	*	*	*	*	*	*	0.01	0.01	*
Fats and oils	*	*	*	*	*	0.01	0.04	0.02	0.1
Nuts and seeds	--	--	*	*	*	*	0.01	*	*
Sugars and sweets	*	*	*	*	*	*	0.02	0.02	*
Beverages	*	*	*	*	*	*	*	*	*

* Value less than 0.005 but greater than 0, or in the last column a value less than 0.05 but greater than 0.

-- Estimated mean is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 25.2se--Mononunsaturated fatty acids from selected food groups: Standard errors of mean intakes, individuals 20 years and older, 1 day, 1994-96

Sex and age (years)	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
			Grams		
Males: (n = 5,056)					
Males 20 and over:					
Grain products	0.01	0.19	*	*	0.2
Vegetables	*	0.11	*	*	0.1
Fruits	*	0.01	*	--	*
Milk and milk products	0.01	0.08	*	--	0.1
Meat, poultry, fish	0.02	0.23	*	*	0.3
Eggs	*	0.05	*	*	0.1
Legumes	*	0.03	*	*	*
Fats and oils	0.01	0.13	*	*	0.1
Nuts and seeds	*	0.07	*	--	0.1
Sugars and sweets	*	0.05	*	*	0.1
Beverages	*	*	--	--	*
Females: (n = 4,816)					
Females 20 and over:					
Grain products	0.01	0.13	*	*	0.1
Vegetables	*	0.06	*	*	0.1
Fruits	*	0.02	*	--	*
Milk and milk products	0.01	0.05	*	--	0.1
Meat, poultry, fish	0.01	0.15	*	*	0.2
Eggs	*	0.03	*	*	*
Legumes	*	0.02	*	*	*
Fats and oils	*	0.07	*	*	0.1
Nuts and seeds	*	0.06	*	--	0.1
Sugars and sweets	*	0.03	*	*	*
Beverages	*	*	--	--	*

* Value less than 0.005 but greater than 0, or in the last column a value less than 0.05 but greater than 0.

-- Estimated mean is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 25.3se--Polyunsaturated fatty acids from selected food groups: Standard errors of mean intakes, individuals 20 years and older, 1 day, 1994-96

Sex and age (years)	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
	Grams							
Males: (n = 5,056)								
Males 20 and over:								
Grain products	0.10	0.01	*	*	*	*	*	0.1
Vegetables	0.09	0.01	--	*	*	--	*	0.1
Fruits	0.01	*	--	--	--	--	--	*
Milk and milk products	0.01	*	--	*	--	--	*	*
Meat, poultry, fish	0.10	0.01	*	*	*	*	*	0.1
Eggs	0.02	*	--	*	*	--	*	*
Legumes	0.03	*	--	*	--	--	--	*
Fats and oils	0.12	0.02	--	*	--	--	--	0.1
Nuts and seeds	0.04	*	--	*	--	--	--	*
Sugars and sweets	0.01	*	--	--	--	--	--	*
Beverages	*	*	--	--	--	--	--	*
Females: (n = 4,816)								
Females 20 and over:								
Grain products	0.07	0.01	--	*	*	*	*	0.1
Vegetables	0.05	*	--	*	*	--	*	0.1
Fruits	*	*	--	--	--	--	--	*
Milk and milk products	0.01	*	--	*	--	--	*	*
Meat, poultry, fish	0.07	0.01	*	*	*	*	*	0.1
Eggs	0.01	*	--	*	*	--	*	*
Legumes	0.02	*	--	*	--	--	--	*
Fats and oils	0.07	0.01	--	*	--	--	--	0.1
Nuts and seeds	0.05	*	--	--	--	--	--	*
Sugars and sweets	0.01	*	--	--	--	--	--	*
Beverages	*	*	--	--	--	--	--	*

* Value less than 0.005 but greater than 0, or in the last column a value less than 0.05 but greater than 0.

-- Estimated mean is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 26se.--Weight status: Standard errors for Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by sex and age, 1994-96

Sex and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
	Percent		*Percent*		
Males:					
20-29	7.3	0.2	1.8	2.4	1.4
30-39	8.3	0.2	2.5	2.6	1.8
40-49	7.0	0.2	1.8	1.4	1.5
50-59	4.6	0.2	1.9	2.0	1.4
60-69	3.4	0.1	1.7	1.7	1.8
70 and over	3.4	0.1	1.6	1.9	0.9
20 and over	33.9	0.1	1.0	1.0	0.7
Females:					
20-29	7.0	0.2	2.1	2.0	1.5
30-39	8.8	0.3	2.1	2.1	1.6
40-49	6.9	0.2	2.0	2.0	1.9
50-59	5.2	0.2	1.6	1.7	1.3
60-69	4.1	0.3	2.3	2.4	1.9
70 and over	4.9	0.2	1.9	1.9	1.2
20 and over	36.8	0.1	1.1	1.1	0.8
All individuals 20 and over	70.7	0.1	0.9	0.8	0.6

Notes: Based on self-reported height and weight; excludes individuals not reporting height or weight.
Excludes pregnant women.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 27se.--Physical activity: Standard errors of the percents--Frequency of vigorous exercise among individuals 20 years of age and older, by sex and age, 1994-96

Sex and age (years)	Percentage of population	Daily	5 - 6 times per week	2 - 4 times per week	Once a week	1 - 3 times per month	Rarely or never	Don't know	Not ascertained
	Percent	*Percent*							
Males:									
20-29	7.3	1.8	1.1	1.9	1.1	0.7	1.5	--	0.2
30-39	8.3	1.9	1.1	1.6	1.0	1.4	1.9	--	0.1
40-49	7.0	1.4	0.9	2.0	1.1	0.7	1.5	0.2	0.2
50-59	4.6	2.0	0.9	1.6	1.1	0.9	1.4	--	0.3
60-69	3.4	1.8	0.8	1.5	0.7	1.0	2.3	--	0.3
70 and over	3.4	1.8	0.8	1.4	0.7	0.7	2.0	--	0.4
20 and over	33.9	0.8	0.5	1.0	0.5	0.6	1.1	*	0.1
Females:									
20-29	7.0	1.4	1.0	1.4	1.5	1.0	1.9	--	0.2
30-39	8.8	1.3	0.8	1.6	1.3	1.2	2.5	--	--
40-49	6.9	1.2	1.1	1.5	1.0	1.1	1.8	--	0.5
50-59	5.2	1.4	0.9	1.8	1.0	0.9	1.6	--	0.3
60-69	4.1	1.6	0.7	1.8	1.0	0.8	2.0	--	0.1
70 and over	4.9	1.5	0.5	1.2	0.6	0.7	2.3	--	0.3
20 and over	36.8	0.6	0.4	0.7	0.6	0.4	1.0	--	0.2
All 20 and over	70.7	0.6	0.4	0.6	0.4	0.4	0.9	*	0.1

-- Estimated percent is zero.

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 28se.--Vitamin and mineral supplements: Standard errors of percentages of individuals using and type, by sex and age, 1994-96

Sex and age (years)	Percentage of population	Individuals using supplements	Type of supplement			
			Multivitamin	Multivitamin with iron or other minerals	Combination of vitamin C and iron	Single vitamins/ minerals
	Percent		*Percent of individuals*			
Males and females:						
Under 1	0	2.3	1.1	1.2	.2	1.7
1-2	0	2.1	1.9	1.5	.4	.7
3-5	0	2.0	2.2	1.6	.5	.8
5 and under	0	1.5	1.7	1.1	.3	.7
Males:						
6-11	0	2.3	2.1	1.7	.7	.9
12-19	0	2.0	1.8	1.3	.7	1.3
20-29	0	2.3	1.7	1.3	.7	1.1
30-39	0	2.5	1.9	1.5	.6	1.3
40-49	0	1.9	1.9	1.8	.5	1.3
50-59	0	2.1	1.7	1.3	.4	1.5
60-69	0	2.6	1.7	1.4	.4	2.3
70 and over	0	1.9	2.0	2.0	.7	1.7
20 and over	0	1.4	1.2	1.0	.2	.8
Females:						
6-11	0	2.4	1.8	1.8	.5	.9
12-19	0	2.6	1.8	1.6	1.0	1.5
20-29	0	1.9	2.3	1.8	.7	1.5
30-39	0	2.9	2.2	2.5	.7	2.0
40-49	0	1.9	2.0	1.8	.7	1.3
50-59	0	1.7	1.9	1.6	.8	1.9
60-69	0	2.7	1.9	2.0	.6	2.1
70 and over	0	1.9	2.3	2.2	.6	2.0
20 and over	0	1.0	1.4	1.2	.3	1.0
All individuals	0	1.1	1.1	.9	.2	.7

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96

Table Notes

This section provides a more detailed description of the content of each table, including how the data were obtained or calculated and what the data represent.

Table 1. Nutrient intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994–96

- The estimated nutrient intakes presented in the tables are arithmetic means (averages) for the group of individuals identified in the left-hand column. For each nutrient or dietary component identified in the column head, intakes for each individual at all eating occasions on day 1 were totaled, and a group mean was calculated. The nutrient intakes presented do not include nutrients from vitamin and mineral supplements or drinking water. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. Sodium intake does not include sodium from salt added at the table.

Table 2. Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994–96

- The nutritive values of food intakes as percentages of the RDA were derived by dividing each individual's intake by the 1989 RDA for the appropriate sex and age group (Food and Nutrition Board, National Research Council 1989). Mean percentages for each age group were calculated.

- "The RDAs provide a safety factor appropriate to each nutrient (except energy) and exceed the actual requirements of most individuals" (Food and Nutrition Board, National Research Council 1989, p. 2). "If a group average intake approximates that of the . . . group RDA, some persons within the group are consuming less than the RDA and others more. Except for energy, in which the average requirement of the population group is recommended, the RDAs are intended to be sufficiently generous to encompass the presumed . . . variability in requirement among people. Thus, if a population's habitual intake approximates or exceeds the RDA, the probability of deficiency is quite low" (Food and Nutrition Board, National Research Council 1989, p. 21). However, the farther average intakes fall below RDAs, the greater the likelihood that some people have inadequate intakes.

Table 3A. Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994–96

- The RDAs provide a safety factor appropriate to each nutrient (except energy) and exceed the actual requirements of most individuals (Food and Nutrition Board, National Research Council 1989, p.2). Thus, individuals with intakes below the RDA do not necessarily have inadequate intakes. Safety factors for the various nutrients were assigned in different ways and are of different magnitudes; 75 percent of the RDA for one nutrient does not necessarily correspond to 75 percent of the RDA for another nutrient. The levels of RDA to which individuals' intakes are compared in this table were selected arbitrarily and do not correspond to any particular measure of nutritional deficiency.

- Although RDAs are most appropriately applied to groups, a comparison of individual intakes, averaged over a sufficient length of time, to the RDA allows an estimate to be made about the probable risk of deficiency for that individual (Food and Nutrition Board, National Research Council 1989, p. 9). For most nutrients, RDAs are intended to be average intakes over at least 3 days; for others, (for example, vitamins A and B–12),

they may be averaged over several months (Food and Nutrition Board, National Research Council 1989, p. 20). Estimates in this table are based on 2-day averages.

Table 3B. Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994–96

- This table is provided for data users who are interested in the upper end of the distribution of nutrient intakes. The levels of RDA to which individuals' intakes are compared in this table were selected arbitrarily and do not correspond to any particular measure of toxicity.

Table 3C. Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994–96

- The RDAs provide a safety factor appropriate to each nutrient (except energy) and exceed the actual requirements of most individuals (Food and Nutrition Board, National Research Council 1989, p. 2). Thus, individuals with intakes below the RDA do not necessarily have inadequate intakes. However, as the percentage of the population with intakes below 100 percent of a given RDA increases, so does the likelihood that some individuals in the population are at nutritional risk.

- Presented here are the 5th, 10th, 25th, 50th, 75th, 90th, and 95th percentiles of the distributions of nutrient intakes expressed as percentages of RDA. The percentile in the column heading indicates the percentage of the population that has intakes equal to or below the percentage of the RDA given in the body of the table. For example, for women 20 years and over, the intake of calcium at the 50th percentile was 68 percent of the RDA. This means that half of the adult women had intakes equal to or below 68 percent of the RDA.

Table 4. Nutrient intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, 1994–96

- The percentage contributions of protein, fat, fatty acids, carbohydrate, and alcohol to food energy intake were calculated as follows: by multiplying each individual's intake of protein by 4 kilocalories per gram, of fat and fatty acids by 9 kilocalories per gram, of carbohydrate by 4 kilocalories per gram, and of alcohol by 7 kilocalories per gram. These values were divided by the individual's total food energy intake and multiplied by 100 to obtain the percentage of an individual's total food energy intake provided by each nutrient. Individual percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage per individual for that group. The general factors 4, 9, 4, and 7 give estimates for a typical mixed diet (Merrill and Watt 1973).

- Five individuals who had no food intake for the day were excluded from the calculations. Percentages may not add to 100 percent because of the use of the general factors cited above.

Table 5. Nutrient intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by sex and age, 2-day average, 1994–96

- The 1995 *Dietary Guidelines for Americans* (U.S. Department of Agriculture and U.S. Department of Health and Human Services 1995) recommend that people 2 years of age and older choose a diet with no more than 30 percent of calories from

total fat, less than 10 percent of calories from saturated fat, and no more than 300 milligrams per day of cholesterol. In addition, the Healthy People 2000 objectives establish a goal of increasing to at least 50 percent the proportion of people age 2 and older who meet the average daily goals of no more than 30 percent of calories from fat and less than 10 percent of calories from saturated fat (U.S. Department of Health and Human Services 1995). Please note that although the age groups used in this table are the same as those used throughout all the tables, the recommendations are not appropriate for children under 2 years. (Children should gradually adopt a diet that by about 5 years of age contains no more than 30 percent of calories from fat.)

Table 6. Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994–96

- Each separate time a respondent ate or drank was considered to be an "eating occasion." Eating occasions identified by the respondent as "breakfast" are included here.

- Calculations of averages are based on all individuals, not just those who ate breakfast. An individual's intake of each nutrient from breakfast was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by breakfast. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If breakfast contributed 0 percent of an individual's intake of a nutrient, 0 percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total day-1 intake of that nutrient was 0.

Table 7. Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994–96

- Each separate time a respondent ate or drank was considered to be an "eating occasion." The specific wording of the question on which this table is based is, "Looking at this card, please tell me what you would call this occasion?" The answer card shown to the respondent listed the categories "breakfast, brunch, lunch, dinner, supper, *food and/or beverage break (snack, alcoholic beverage, other beverage),* feeding (infant only), and other (specify)." In this table, "snack" refers to any eating occasion designated by the respondent as a food and/or beverage break, including the snack, alcoholic beverage, and other beverage subcategories.

- Calculations of averages were based on all individuals, not just those who ate snacks. An individual's intake of each nutrient from snacks was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by snacks. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If snacks contributed 0 percent of an individual's intake of a nutrient, 0 percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total day-1 intake of that nutrient was 0.

Table 8A. Food obtained and eaten away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994–96

- For each food item eaten, the respondent was asked, "Before you ate this particular food, was it ever at your home?" If the

answer was "no," the food was classified as food obtained and eaten away from home (food away from home). Prepared foods obtained away from home and taken home to be eaten and foods taken from home to be eaten elsewhere were not classified as food obtained and eaten away from home.

- Calculations of averages were based on all individuals, not just those who obtained and ate food away from home. An individual's intake of each nutrient from food away from home was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by such food. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If food obtained and eaten away from home contributed 0 percent of an individual's intake of a nutrient, 0 percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total day-1 intake of that nutrient was 0.

Table 8B. Food obtained and eaten away from home: Percentages of users reporting at least one item from a source, by sex and age, 1 day, 1994–96

- For each food item, respondents were asked the following question, "Looking at this card, where did you obtain this (food/most of the ingredients for the food)?" Only the most frequently reported places are given in the table; the hand card given to respondents listed 17 options. More than one source per respondent is possible for those who obtained and ate more than one food item away from home. For that reason, percentages across a row do not add to 100 percent.

- The percentages of individuals under each source column are based on individuals who obtained and ate at least one food item away from home (users).

Tables 9A to 15B. Food intakes: Mean quantities (in grams) of food from various food groups consumed per individual and percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994–96

- **Mean per individual in a day.** The estimates of food intakes presented in the tables are weighted arithmetic means (averages) for the group of individuals identified in the left column. For each food group and subgroup identified in the column heads, quantities reported for each individual at all eating occasions were totaled and a weighted group mean was calculated. If no food from a specific food group or subgroup was reported on the survey day, that individual's total was 0; the 0 is included in the calculation of the group mean. Therefore, the mean intakes in the tables include intake values for both users and nonusers. Mean intakes per user can be calculated by dividing the mean intake for a group of individuals by the percentage of individuals (expressed as a decimal) using food from that food group. For example, the following calculation was used to determine the mean intake per user of total fluid milk by men 20 to 29 years old:

$$\frac{\text{176 grams fluid milk (from table 12A)}}{\text{0.396 (39.6 percent from table 12B)}} = \text{444 grams of fluid milk per user}$$

- Appendix C lists the foods in each food group shown in these tables.

- Quantities exclude inedible parts of foods, such as bones, rinds, and seeds.

- One ounce (by weight) is equivalent to 28.35 grams.

- Percentage of individuals consuming: A consumer is an individual reporting any food item in the specified group or subgroup.

- Ingredients in mixed dishes are tabulated with the food group of the primary ingredient. For example, cheese in pizza is under Grain Products in the subgroup "mixtures mainly grain." Among foods eaten by adults in 1994, foods tabulated as "mixtures mainly grain" were 32 percent grain products, 24 percent vegetables, 8 percent milk and milk products, and 8 percent meat, poultry, and fish by weight; foods tabulated as "mixtures mainly meat, poultry, fish" were 14 percent grain products, 28 percent vegetables, 6 percent milk and milk products, and 34 percent meat, poultry, and fish by weight (Enns et al. 1997).

Tables 16A to 21. Pyramid servings: Mean numbers of servings consumed per day and percentages of individuals consuming specified numbers of servings, by sex and age, 2-day average, 1994–96

- Estimated intakes are for individuals 2 years and older.

- The method used to develop estimates of Pyramid servings separates foods into their ingredients before servings are counted. Therefore the Pyramid food groups are inherently different from the 71 ARS-defined food groups in tables 9A through 15B (see appendix D for more information on the Pyramid servings method and food groups).

- In tables 16A through 18B (the grain, vegetable, and fruit groups), serving sizes for children ages 2 to 5 years who consumed fewer than 1,600 calories per day were adjusted to account for childrens' lower energy needs. One serving was calculated as two-thirds of a standard serving size.

- In all of table 20A (meat group) and in table 20B for the column "consuming at least 5 ounce equivalents a day," no adjustment was made for the lower energy needs of children ages 2 to 5 years. In table 20B, in the last column "consuming number of ounce equivalents recommended based on calorie intake," an adjustment was made for children ages 2 to 5 years who consumed fewer than 1,600 calories; their recommendation was lowered to 3.3-ounce equivalents (that is, two-thirds of the 5-ounce minimum recommendation for other individuals).

Tables 22.1 to 25.3 Intakes of 19 individual fatty acids, by sex and age, 1 day, 1994–96

- Fatty acids are categorized as saturated (no double bond), monounsaturated (one double bond), or polyunsaturated (more than one double bond). For monounsaturated and polyunsaturated fatty acids, both cis and trans isomers and positional isomers are included in the values. Appendix E provides a list of chemical names, trivial names, and abbreviations of reported fatty acids.

- When respondents were able to identify the type of fat used in preparation of foods such as vegetables, eggs, rice, pasta, and hot cereals, the fat type (oil, margarine, spread, butter, shortening, animal fat) was coded accordingly. However, if the respondent did not identify the type of fat, a default composite fat (margarine, vegetable oil, or shortening) based on industry and market data was used.

- Five individuals with 0 energy intake on day 1 were excluded from the mean percentage calculations in tables 22.1 to 22.3.

- Thirteen individuals with no fatty acid intake on day 1 were excluded from the mean percentage calculations in table 24.

- Data from men and women 20 years and over were used to estimate the percentages of individual fatty acids provided by specified food sources (tables 25.1 to 25.3). The quantities

represent average food intakes by users and nonusers of the specified food groups.

- Appendix C contains examples of foods in each food group listed in tables 25.1 to 25.3. Mixed dishes are tabulated under the food group of the primary ingredient; for example, pizza is tabulated under Grain Products.

Table 26. Weight status: Mean body mass index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by sex and age, 1994–96

- Body mass index (BMI) can be calculated by dividing weight in pounds by the square of height in inches and then multiplying by 703. For example, for a person who weighs 170 pounds and is 5 feet 9 inches tall (69 inches), BMI is calculated as follows:

$$[170 \text{ lb} \div (69 \text{ inches})^2] \times 703 = 25.1.$$

- Different BMI cutoff points are used to define "overweight." The Healthy People 2000 objectives define overweight as a BMI equal to or greater than 27.8 for men and 27.3 for women, excluding pregnant women (U.S. Department of Health and Human Services 1995). This definition of overweight is based on the 85th percentile of the 1976–80 National Health and Nutrition Examination Survey reference population age 20 to 29 years. Using this definition allows comparisons with earlier reports. The Dietary Guidelines define overweight using a BMI of 25 as the upper boundary of healthy weight for both men and women (Dietary Guidelines Advisory Committee 1995). The Dietary Guidelines Advisory Committee chose this level because the risk of disease and death increases above a BMI of 25. Clinical guidelines issued by the National Heart, Lung, and Blood Institute of the National Institutes of Health in June 1998 define overweight as a BMI of 25 to 29.9 and obesity as a BMI equal to or greater than 30. Overweight and obesity are not mutually exclusive since obese persons are also overweight (National Institutes of Health 1998). The categories for overweight in table 26 include the individuals classified as "obese" in the right-hand column.

- BMIs in this table are based on self-reported heights and weights. Persons not reporting height or weight were excluded from the estimates in the table.

Table 27. Physical activity: Frequency of vigorous exercise among individuals 20 years of age and older, by sex and age, 1994–96

- Vigorous exercise is defined as "enough to work up a sweat." Respondents were asked, "How often do you exercise vigorously enough to work up a sweat?" Answer categories were those listed in table 27.

Table 28. Vitamin and mineral supplements: Percentages of individuals using and type, by age and sex, 1994–96

- Respondents were asked, "How often, if at all, do you take any vitamin or mineral supplement in pill or liquid form? Would you say every day or almost every day, every so often, or not at all?" Respondents who chose a category other than "not at all" were asked, "Looking at this card, which of these types of supplements do you usually take—a multivitamin, multivitamin with iron or other minerals, combination of vitamin C and iron, or single vitamins or minerals?" Responses are provided as a percent of all individuals, not just those who used supplements. Because multiple answers were possible and the categories "don't know" and "not ascertained" are not included in the table, percentages across a row may not add to the percentage in the column "individuals using supplements."

Appendix A. Counts of Day-1 and 2-Day Respondents and Population Percentages, by Sex and Age, 1994–96

Table 29 shows unweighted counts of survey respondents in each sex-age group included in tables 1 through 28 and the weighted percentages of the population that they represent. Excluded from these counts and population percentages are 135 breast-fed children. Weights are used to account for differential rates of selection and nonresponse, to calibrate the sample to match population characteristics believed to be correlated with eating behavior, and to equalize intakes over the 4 quarters of the year and the 7 days of the week.

Counts of respondents are shown separately for those who provided intake data for day 1 and those who provided intake data for both day 1 and day 2. Slight differences exist in the weighted percentages of the population for some sex-age groups because fewer sex-age groups were used in calculating the weighting factors than in reporting results and because of rounding.

Tables providing Pyramid servings (tables 16A through 21) include the same counts of respondents as other tables providing a 2-day average. The number of males age 2 to 5 years in the Pyramid servings tables is 1,059, and the number of females age 2 to 5 years is 1,044. There were 14,256 individuals age 2 years or over who provided 2 days of intake data. The data in tables 16A through 21 exclude six children age 2 years and over who were being breast-fed.

The statistics presented in tables 1 through 28 are based on the data from all appropriate respondents. Fasters (that is, individuals reporting no foods or beverages consumed for the day) were included in the calculations for most tables. However, there are some exceptions:

- Fasters are excluded from the calculations for table 4 and tables 22.1 to 22.3 because nonzero energy intakes are required from each person for calculating the contribution to energy estimates, and fasters were the only individuals reporting 0 energy intake.

- Fasters were also excluded from the contribution to daily nutrient intake estimates presented in tables 6, 7, and 8A because the calculations required nonzero total nutrient intakes for each person. In addition, for tables 6, 7, and 8A, individuals were excluded from the calculation for a specific nutrient if their total day-1 intake for the nutrient was 0.

- Individuals who had 0 intake of fatty acids were excluded from the mean percentage calculations in table 24 because the calculations required nonzero total nutrient intakes for each person.

Persons not reporting height or weight were excluded from table 26 because their body mass index (BMI) could not be calculated.

Table 29. Counts of day-1 and 2-day respondents and population percentages, by sex and age, 1994-96

Sex and age (years)	Day-1 count (unweighted)	Day-1 percentage of population (weighted)	2-day count (unweighted)	2-day percentage of population (weighted)
		Percent		*Percent*
Males and females:				
Under 1	284	1.1	269	1.1
1-2	1,376	3.1	1,316	3.1
3-5	1,475	4.7	1,432	4.7
5 and under	3,135	8.9	3,017	8.9
Males:				
6-11	752	4.6	726	4.6
12-19	737	5.8	696	5.8
20-29	781	7.3	723	7.3
30-39	889	8.3	820	8.2
40-49	862	7.0	815	6.9
50-59	888	4.6	848	4.6
60-69	845	3.4	809	3.4
70 and over	791	3.4	736	3.3
20 and over	5,056	33.9	4,751	33.9
Females:				
6-11	740	4.4	706	4.4
12-19	732	5.6	702	5.6
20-29	720	7.0	675	7.0
30-39	816	8.8	774	8.7
40-49	902	6.9	870	6.9
50-59	864	5.2	824	5.2
60-69	789	4.1	755	4.2
70 and over	725	4.9	674	4.8
20 and over	4,816	36.8	4,572	36.8
All individuals	15,968	100.0	15,170	100.0

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Appendix B. Statistical Notes

Estimates based on small cell sizes may tend to be less statistically reliable than estimates based on larger cell sizes. Cell size refers to the unweighted number of individuals in a given sex-age group or demographic group (see appendix A). The guidelines (listed below) for determining when a cell size is small take into account the average design effect for the survey. The design effect results from the complex sample design and from the procedures used to weight the data. When the design effect is 1.00, its effect on accuracy is negligible; a larger design effect implies a greater effect on variance. The guidelines derive from a policy statement (Federation of American Societies for Experimental Biology 1995) that specifies the use of a broadly calculated design effect. In that role we are using a variance inflation factor. Variance inflation factors for the survey data sets used to generate these tables are as follows:

1994–96 CSFII day 1 — 1.41
1994–96 CSFII 2 days — 1.60

Daggers in the tables flag estimates that may be less statistically reliable than those which are not flagged. The rules used for flagging estimates are listed below, and tables to which each rule applies are identified.

1. An estimated mean is flagged when it is based on a cell size of less than 30 times the average design effect or when its coefficient of variation (*CV*) is equal to or greater than 30 percent. The *CV* is the ratio of the estimated standard error of the mean to the estimated mean, expressed as a percentage.

   Rule 1 was applied to data in tables 1, 2, 4, 6, 7, 8A, 9A, 10A, 11A, 12A, 13A, 14A, 15A, 16A, 17A, 18A, 19A, 20A, 21, 22.1 to 22.3, 23.1 to 23.3, 24, and 25.1 to 25.3 to flag estimates that should be used with caution. It applies to mean nutrient intakes, mean food intakes, and means expressed as percentages, such as mean intakes of nutrients expressed as percentages of Recommended Dietary Allowances and percentages of nutrients from foods eaten as snacks.

2. An estimated proportion (percent) that falls above 25 percent and below 75 percent is flagged when it is based on a cell size of less than 30 times the average design effect or when the *CV* is equal to or greater than 30 percent.

3. An estimated proportion of 25 percent or lower or 75 percent or higher is flagged when the smaller of np and $n(1-p)$ is less than 8 times the average design effect, where n is the cell size on which the estimate is based and p is the proportion expressed as a fraction.

   Rules 2 and 3 were applied to data in tables 3A, 3B, 5, 8B, 9B, 10B, 11B, 12B, 13B, 14B, 15B, 16B, 17B, 18B, 19B, 20B, 26, 27, 28 and to the second column of tables 6, 7, and 8 to flag estimates that should be used with caution.

4. Estimated percentiles are flagged according to rules that parallel the cell size rules applied to proportions (rules 2 and 3). Estimated percentiles inside the 25th to 75th range are flagged when the cell size is less than 30 times the average design effect. Estimates of the 25th and lower percentiles are flagged when the cell size is less than 8 times the average design effect divided by p, where p is the level of the percentile expressed as a fraction. Estimates of the 75th and higher percentiles are flagged when the cell size is less than 8 times the average design effect divided by $1-p$.

Rule 4 was applied to the percentiles presented in table 3C. For table 3C, the variance inflation factor used was 1.60, and the 5th, 10th, 25th, 75th, 90th, and 95th percentiles were flagged if the cell sizes were less than 256, 128, 52, 52, 128, and 256, respectively.

Standard error tables carry the same table numbers as tables in the body of the report with the added suffix of "se." A dash "--" in a cell indicates that the estimated mean or percent was 0 and there is no corresponding standard error. The statistical guidelines used by ARS (Federation of American Societies for Experimental Biology 1995) call for noting standard errors and their related mean estimates where the group on which the estimate is based is less than 12 variance strata with observations in both primary sampling

Appendix C. Descriptions of Food Groups Used in Tables 9A to 15B (Food Intakes) and Tables 25.1 to 25.3 (Fatty Acids)

NOTE: The food groups in tables 9A to 15B and 25.1 to 25.3 differ from those used in the Pyramid servings tables (tables 16A to 20B). See appendix D for a description of the Pyramid servings food groups.

Grain Products

Total grain products. Includes yeast breads, rolls, cereals, pastas, quick breads, pancakes, French toast, cakes, cookies, pastries, pies, crackers, popcorn, pretzels, corn chips, and mixtures having a grain product as a main ingredient. Excludes grain products that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, noodles in tuna-noodle casserole are tabulated under Meat, Poultry, and Fish. Also, the bread in a grilled cheese sandwich coded as a single item is tabulated under Milk and Milk Products.

Yeast breads and rolls. Includes white, whole-wheat, "wheat," cracked-wheat, rye, pumpernickel, oatmeal, multigrain, and other yeast breads and rolls (excluding sweet rolls), bread stuffing, English muffins, bagels, and croutons.

Total cereals, rice, pasta. Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, unsweetened and sweetened ready-to-eat cereals, baby food cereals, and mixtures of baby cereal and fruit.

Ready-to-eat cereals. Includes unsweetened and sweetened ready-to-eat cereals.

Rice. Includes white, brown, and wild rice.

Pasta. Includes macaroni, noodles, and spaghetti.

Quick breads, pancakes, French toast. Includes biscuits, cornbread, tortillas, muffins, other quick breads, pancakes, waffles, and French toast. Excludes quick-bread-type coffee cakes.

Cakes, cookies, pastries, pies. Includes yeast-type sweet rolls, yeast and crumb- or quick-bread-type coffee cakes, croissants, cakes, cookies, pies, cobblers, turnovers, Danish pastries, doughnuts, breakfast bars and tarts, granola bars, and sweet crackers.

Crackers, popcorn, pretzels, corn chips. Includes nonsweet crackers; grain-based salted and unsalted snacks such as corn chips, tortilla chips, popcorn, and pretzels. Excludes potato chips, which are tabulated under Vegetables in the subgroup "white potatoes."

Mixtures mainly grain. Includes mixtures having a grain product as a main ingredient, such as burritos, tacos, pizza, egg rolls, quiche, spaghetti with sauce, rice and pasta mixtures; frozen meals in which the main course is a grain mixture; noodle and rice soups; and baby-food macaroni and spaghetti mixtures.

Vegetables

Total vegetables. Includes white potatoes, dark green and deep yellow vegetables, tomatoes, lettuce, green beans, corn, green peas, lima beans, other vegetables; mixtures having vegetables as a main ingredient; and vegetable juices. Excludes vegetables that are ingredients in food mixtures coded as a single item and tabulated under another food group. For example, potatoes or tomatoes in beef stew are tabulated under Meat, Poultry, and Fish.

White potatoes. Includes baked, boiled, mashed, scalloped, and fried potatoes; potato chips; and mixtures having potatoes as a main ingredient, such as potato salad, stuffed baked potatoes, and potato soup.

Fried potatoes. Includes french-fried, deep-fried, hash brown, and home-fried potatoes; potato skins; and potato chips.

Dark green vegetables. Includes raw and cooked broccoli and dark green leafy vegetables such as romaine, collards, mustard and turnip greens, kale, and spinach; mixtures having dark green vegetables as a main ingredient, such as broccoli with cheese sauce; and baby-food spinach.

Deep yellow vegetables. Includes raw and cooked deep yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweet potatoes; mixtures having deep yellow vegetables as a main ingredient, such as peas and carrots and sweet potato casserole; and baby-food carrots, squash, and sweet potatoes.

Tomatoes. Includes raw and cooked tomatoes; tomato juice; catsup, chili sauce, salsa, and other tomato sauces; and mixtures having tomatoes as a main ingredient, such as tomato-based soups and tomato and corn coded as a single item.

Lettuce, lettuce-based salads. Includes lettuce and mixed salad greens; lettuce salad with assorted vegetables, cheese, or egg; and other lettuce-based salads.

Green beans. Includes raw or cooked green and yellow beans; mixtures having beans as a main ingredient, such as beans with tomatoes or onions, bean salad, and beans with cream or mushroom sauce; and baby-food green beans.

Corn, green peas, lima beans. Includes raw or cooked green peas; cooked corn and lima beans; mixtures having corn, green peas, or lima beans as a main ingredient, such as creamed corn, corn pudding, peas and onions, or pea soup; and baby-food corn and green peas. Excludes dry lima beans and peas, which are tabulated under Legumes.

Other vegetables. Includes raw and cooked vegetables other than the following: white potatoes, dark green and deep yellow vegetables, tomatoes, lettuce, green beans, corn, peas, and lima beans and their mixtures. Includes vegetable soups; pickles, olives, and relishes; mixtures having "other" vegetables as a main ingredient; baby-food vegetables and baby-food vegetable mixtures with meat.

Fruits

Total fruits. Includes citrus fruits and juices, dried fruits, and other fruits; mixtures having fruit as a main ingredient; and fruit juices. Excludes fruits that are ingredients in food mixtures coded as a single item and tabulated under another food group. For example, apples in apple pie are tabulated under Grain Products.

Total citrus fruits and juices. Includes oranges and other citrus fruits, mixtures of orange juice and other citrus juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under Beverages.

Citrus juices. Includes fresh, frozen, canned, or bottled grapefruit, lemon, lime, orange, and other citrus juices, either sweetened or unsweetened; mixtures of citrus juices such as grapefruit and orange juice; and baby-food citrus juices. Excludes mixtures of citrus juices with noncitrus juices, which are tabulated under "noncitrus juices and nectars."

Dried fruits. Includes dried apples, apricots, dates, prunes, raisins, and other dried fruits. Excludes juices such as prune juice, which are tabulated under "other fruits, mixtures, and juices."

Total other fruits, mixtures, juices. Includes raw, frozen, cooked, and canned apples, bananas, melons, berries, and other fruits except citrus and dried fruit; mixtures that are mainly noncitrus fruit; noncitrus juices (including prune juice) and nectars; mixtures of citrus and noncitrus juices; and baby-food noncitrus fruits and juices, fruits with tapioca, and fruit desserts. Excludes fruit drinks and ades, which are tabulated under Beverages. Excludes frozen fruit-juice bars and sorbets, which are tabulated under Sugars and Sweets.

Apples. Includes raw and cooked apples, applesauce, and baby-food applesauce.

Bananas. Includes raw and cooked bananas and baby-food bananas. Excludes the starchy vegetables called plantains or "green bananas," which are tabulated under Vegetables in the subgroup "other."

Melons and berries. Includes cantaloupe, honeydew melon, watermelon, blueberries, blackberries, raspberries, strawberries, and cranberries.

Other fruits and mixtures, mainly fruit. Includes fruits other than citrus fruits, dried fruit, apples, bananas, melons, and berries; mixtures of noncitrus fruits and mixtures that are mainly noncitrus fruits coded as a single item such as fruit salad with salad dressing, marshmallow, or pudding; and baby-food noncitrus fruits and mixtures having fruit as a main ingredient.

Noncitrus juices and nectars. Includes fruit juices, nectars, and baby-food juices other than citrus; and mixtures of citrus juices with noncitrus juices. Excludes fruit drinks and ades, which are tabulated under Beverages.

Milk and Milk Products

Total milk and milk products. Includes milk and milk drinks, yogurt, milk desserts, and cheese. Fluid and whipped cream, half-and-half, sour cream, and milk sauces and gravies are included in this total but not in any of the following subgroups. Excludes butter and nondairy sweet cream and sour cream substitutes, which are tabulated under Fats and Oils. Excludes milk and milk products that are ingredients in food mixtures coded as a single item and tabulated under another food group. For example, cheese on pizza is tabulated under Grain Products.

Total milk, milk drinks, yogurt. Includes fluid milk and yogurt. Flavored milk and milk drinks, meal replacements with milk, milk-based infant formulas, and unreconstituted dry milk and powdered mixtures are included in this total but not in any of the following subgroups.

Total fluid milk. Includes fluid whole, low-fat, skim, and acidophilus milk; buttermilk; reconstituted dry milk; evaporated milk; and sweetened condensed milk.

Whole milk. Includes whole fluid milk, low-sodium whole milk, and reconstituted whole dry milk.

Low-fat milk. Includes low-fat (1 and 2 percent) milk, buttermilk (low-fat and nonfat), acidophilus milk, low-fat lactose-reduced fluid milk, and reconstituted low-fat dry milk.

Skim milk. Includes skim or nonfat fluid milk, lactose-reduced fluid nonfat milk, and reconstituted nonfat dry milk.

Yogurt. Includes plain, flavored, and fruit-variety yogurt. Excludes frozen yogurt, which is tabulated under "milk desserts."

Milk desserts. Includes ice cream, imitation ice cream, ice milk, sherbet, frozen yogurt, and other desserts made with milk, such as pudding, custard, and baby-food pudding.

Cheese. Includes natural hard and soft cheeses, cottage cheese, cream cheese, processed cheese and spreads, imitation cheeses, and mixtures having cheese as a main ingredient, such as cheese dips and cheese sandwiches coded as a single item.

Meat, Poultry, and Fish

Total meat, poultry, and fish. Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Excludes meat, poultry, and fish that are ingredients in food mixtures coded as a single item and tabulated under another food group. For example, pepperoni on pizza is tabulated under Grain Products. Meat gravies and unflavored gelatin are included in this total but not in any of the following subgroups.

Beef. Includes all cuts (including ground), corned beef, beef bacon, pastrami, and baby-food beef. Excludes organ meats, frankfurters, sausages, and luncheon meats.

Pork. Includes all cuts (including ground); pickled, smoked, and cured pork; ham; pork roll; bacon; salt pork; pig's feet; and pork rinds. Excludes organ meats, frankfurters, sausages, and luncheon meats.

Lamb, veal, game. Includes lamb, veal, goat, venison, and other game. Excludes organ meats, frankfurters, sausages, and luncheon meats.

Organ meats. Includes liver, tripe, gizzards, and other organ meats.

Frankfurters, sausages, luncheon meats. Includes frankfurters, sausages, and luncheon meats made from beef, pork, ham, veal, game (deer bologna), chicken, and turkey; and baby-food meat sticks.

Total poultry. Includes chicken, turkey, duck, cornish game hen, and baby-food chicken and turkey. Excludes organ meats (giblets), frankfurters, sausages, and luncheon meats.

Chicken. Includes only chicken. Excludes organ meats (giblets).

Fish and shellfish. Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood.

Mixtures mainly meat, poultry, fish. Includes mixtures having meat, poultry, or fish as a main ingredient, such as chicken cacciatore; beef loaf; chili con carne; venison stew; hash; tuna salad; corn dog; chicken soup; frozen meals in which the main course is a meat, poultry, or fish item; meat, poultry, or fish sandwiches coded as a single item (for example, cheeseburger on a bun); and baby-food meat and poultry mixtures.

Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets

Eggs. Includes whole eggs; egg whites; egg yolks; egg substitutes; and mixtures having egg as a main ingredient, such as omelets, egg salad, or egg sandwiches coded as a single item. Excludes eggs that are ingredients in food mixtures coded as a single item and tabulated under another food group. For example, eggs in baked goods are tabulated under Grain Products.

Legumes. Includes cooked dry beans, peas, and lentils; mixtures having legumes as a main ingredient, such as baked beans or lentil soup; soybean-derived products, such as soy-based baby formulas, tofu, soy sauce, and soy-based meal replacements; and meat substitutes that are mainly vegetable protein. Excludes peanuts, which are tabulated under Nuts and Seeds. Excludes legumes that are ingredients in food mixtures coded as a single item and tabulated under another food group. For example, beans in tacos are tabulated under Grain Products.

Nuts and seeds. Includes unroasted, roasted, and honey-roasted nuts and peanuts; coconut; peanut butter; peanut butter sandwiches coded as a single item; nut mixtures; and unroasted and roasted seeds. Excludes chocolate-covered nuts, which are tabulated under Sugars and Sweets in the subgroup "candy." Excludes nuts and seeds that are ingredients in food mixtures coded as a single item and tabulated under another food group. For example, nuts in baked goods are tabulated under Grain Products.

Total fats and oils. Includes table fats; cooking fats; vegetable oils; salad dressings; nondairy cream substitutes; and tartar sauce and other sauces that are mainly fat or oil. Excludes fats and oils that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, fats or oils used to fry chicken are tabulated under Meat, Poultry, and Fish. Also, mayonnaise in coleslaw is tabulated under Vegetables.

Table fats. Includes butter, margarine, imitation margarine, margarine-like spreads, blends of butter with margarine or vegetable oil, and butter replacements.

Salad dressings. Includes regular and reduced- and low-calorie salad dressings and mayonnaise.

Total sugars and sweets. Includes sugar, sugar substitutes, syrups, honey, sweet toppings, frostings, sweet sauces, jellies, jams, preserves, fruit butters, marmalades, gelatin desserts, ices, fruit bars, popsicles, candy (including dietetic sweets), and chewing gum. Excludes sugars that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, sugar in baked goods is tabulated under Grain Products. Sugar in carbonated soft drinks is tabulated under Beverages.

Sugars. Includes white sugar, brown sugar, saccharin, aspartame, and other sugar substitutes.

Candy. Includes all types of candy (including dietetic sweets), chocolate-covered nuts, chocolate chips, fruit leather, and chewing gum.

Beverages

Total beverages. Includes alcoholic and nonalcoholic beverages. Excludes plain tap water and noncarbonated bottled water. Excludes beverages that are ingredients in food mixtures coded as a single item and tabulated under another food group. For example, wine in beef burgundy is tabulated under Meat, Poultry, and Fish.

Total alcoholic beverages. Includes wine, beer, ale, liqueurs, cocktails, other mixed drinks, and distilled liquors.

Wine. Includes wine, light wine, and mixtures made with wine, such as wine coolers. Excludes nonalcoholic wine, which is tabulated under "nonalcoholic beverages."

Beer and ale. Includes beer, ale, and light (lite) beer. Excludes "near beer," which is tabulated under "nonalcoholic beverages."

Total nonalcoholic beverages. Includes coffee, tea, fruit drinks and ades, and soft drinks. Near beer and nonalcoholic wine are included under this total but not in any of the following subgroups.

Coffee. Includes decaffeinated and regular coffee made from ground or instant coffee, coffee mixes, and coffee substitutes.

Tea. Includes decaffeinated and regular tea obtained ready to drink or made from leaves or from instant tea mixes with or without lemon, sugar, or artificial sweetener; and herb and other teas.

Total fruit drinks and ades. Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and frozen concentrate. Excludes fruit juices, which are tabulated under Fruits, and carbonated fruit drinks, which are tabulated under "carbonated soft drinks."

Regular fruit drinks and ades. Includes all fruit drinks, punches, and ades except low-calorie and low-sugar types.

Low-calorie fruit drinks and ades. Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks. Includes regular and low-calorie carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; carbonated fruit juice drinks; and sweetened and unsweetened carbonated water. Soft drinks not specified as either regular or low calorie are tabulated here but not in either of the following categories.

Regular carbonated soft drinks. Includes all carbonated soft drinks except unsweetened and sugar-free types.

Low-calorie carbonated soft drinks. Includes unsweetened and sugar-free carbonated soft drinks, and unsweetened carbonated water.

Appendix D: Method Used To Develop Pyramid Servings Estimates in Tables 16A–21

Overview

The Food Guide Pyramid was designed as an educational tool to help explain and interpret the Dietary Guidelines for Americans—seven basic principles for healthful eating that form the basis of Federal nutrition policy (U.S. Department of Agriculture and U.S. Department of Health and Human Services 1995, Federal Register 1990). The Pyramid depicts the total diet, specifying amounts to eat from five major food groups (grain, vegetable, fruit, dairy, and meat) and selected subgroups[1] and provides advice about intakes of fats, added sugars, and alcohol (items found at the Pyramid tip). In general, Pyramid recommendations are defined in terms of servings expressed in household measures, such as slices, pieces, and cups.

The Pyramid recommends that individuals 2 years of age and over eat at least the lowest number of servings within recommended ranges. Except for the dairy group, the number of servings that is right for a person depends on his or her calorie needs; people who need more calories should eat more servings. For the dairy group, the recommended number of servings depends on age and, for women, on whether or not they are pregnant or lactating.

[1] The Pryamid food groups are inherently different from the ARS-defined food groups presented in tables 9A through 15B because the method used to develop estimates of Pyramid servings separates foods into their ingredients before servings are counted.

Below are sample diets for a day at three calorie levels (from the Food Guide Pyramid, U.S. Department of Agriculture 1992):

Food group	Lower 1,600-calorie diet	Moderate 2,200-calorie diet	Higher 2,800-calorie diet
Bread (servings)	6	9	11
Vegetable (servings)	3	4	5
Fruit (servings)	2	3	4
Dairy (servings)	2–3*	2–3*	2–3*
Meat (ounces)	5	6	8

* Women who are pregnant or lactating, teenagers, and young adults to age 24 need three servings.

Source: U.S. Department of Agriculture (1992).

These diets are guides to the number of servings from each food group that people should eat depending on their calorie needs. Generally speaking, the bottom of the recommended range of servings is about right for many sedentary women and older adults; the middle is about right for most children, teenage girls, active women, and many sedentary men; and the top of the range is about right for teenage boys, many active men, and some very active women. Preschool children, who require fewer calories (less than 1,600 calories), should eat at least the lowest number of servings in the ranges, but they can eat smaller servings from all except the dairy group.

Converting Food Consumption Data Into Pyramid Servings

In 1993, researchers at the Agricultural Research Service (ARS) of the U.S. Department of Agriculture, in collaboration with researchers from the National Cancer Institute, began developing a method for assessing food intakes in terms of food-guidance-

based servings (Cleveland et al. 1997). Because many foods could not be categorized into Pyramid food groups in the forms in which they are eaten and reported in food consumption surveys, foods needed to be separated into their ingredients, when necessary, before categorizing them by Pyramid food groups. Many needed to be disaggregated to a commodity level or an intermediate level of disaggregation. The level of disaggregation required depended on several factors, including the types of foods in each Pyramid food group, the specificity with which Pyramid serving sizes and their underlying criteria are described in Pyramid documentation, and the methods ARS used to identify serving weights that were consistent with Pyramid definitions for servings.

Serving weights were assigned to foods or to their ingredients in forms as close to "as eaten" as possible. If appropriate, serving weights were assigned to the food as reported in the survey. As needed, foods were separated into ingredients using the recipes in the CSFII 1994–96 recipe database (U.S. Department of Agriculture 1998) before assigning serving weights. Every attempt was made to adhere strictly to the concepts and definitions described in the Food Guide Pyramid (U.S. Department of Agriculture 1992) when categorizing foods and defining servings.

Source of Serving Weights for Foods or Ingredients

The CSFII 1994–96 food coding database (U.S. Department of Agriculture 1998) was the primary source used to derive food- or ingredient-specific weights consistent with Pyramid definitions for serving sizes. For many food codes, weights for several portion sizes were available. From these weights, a weight consistent with the Pyramid definition for a serving of that food (or ingredient) was selected or imputed.

What Foods Count as Servings in Each of the Five Major Food Groups?

Grain group. In the Food Guide Pyramid, the grain group includes yeast breads and rolls; quick breads such as muffins, biscuits, pancakes, and tortillas; rice; pasta; breakfast cereals; grain-based snacks such as crackers, pretzels, popcorn, and corn chips; and baked goods made from flour, such as cakes, cookies, croissants, doughnuts, pastries, and pie crust (U.S. Department of Agriculture 1992, 1993). The Pyramid emphasizes whole-grain choices; it recommends choosing several servings a day of foods made from whole grains (U.S. Department of Agriculture 1992). For that reason, the Pyramid servings intake files and database present data separately on servings of whole grains and nonwhole grains. Some foods in the grain group contain relatively high amounts of fat and sugar; those ingredients count toward the Pyramid tip.

Definitions of grain servings were derived from the Food Guide Pyramid (U.S. Department of Agriculture 1992, 1993). Educational materials about the Pyramid list the following as a serving size for grain products: 1 slice of bread; 1/2 of a hamburger bun, English muffin, bagel, or croissant; 1 small roll, biscuit, or muffin; 1 tortilla; 1 ounce of ready-to-eat cereal; 1/2 cup of cooked cereal, rice, or pasta; 3 to 4 small or 2 large crackers; 1/2 of a medium doughnut or Danish; or 2 medium cookies. The Pyramid does not specify serving sizes for all foods in the grain group, and those specified are relatively imprecise. For example, slices of bread come in many sizes, and terms like small, medium, and large are relative. Therefore, ARS developed operational definitions and procedures for the grain servings sizes based on two primary criteria:

- Consistency with the underlying rationale for the grain group as the primary source of complex carbohydrate in diets and a major contributor to fiber intake.

- Maintenance of the Pyramid concept of defining servings in common household measures (cups, ounces) and easily recognizable units (1 slice of bread, 1 roll).

Pyramid serving sizes were used as a basis for selecting or imputing appropriate serving weights from the CSFII 1994–96 food coding database, but guidelines were developed to standardize the selection process. Where needed, methods were also developed to define servings based on either the grain content or the complex carbohydrate content of the food. Details are presented below.

- For yeast breads (rolls, English muffins, bagels, croissants), some quick breads (muffins, tea breads), rice, pasta, and breakfast cereals, the basic Pyramid definitions for servings were used, and guidelines were established for selecting serving weights from the food coding database.

- For snack-type grain products (crackers, pretzels, corn chips), grain-based desserts (cookies, cakes, sweet rolls, pastries, pie crust), certain quick breads (hush puppies, dumplings), and miscellaneous grains (thickeners, batter, breading), a method was developed for defining servings based on the grain content of the food.

- For some grain products, notably quick breads (pita bread, biscuits, pancakes, waffles, tortillas, taco shells), a combination of the two approaches presented above was used. The grams needed per serving were calculated based on the grain content of the food, but then the serving size was defined as a household measure for which a gram weight was available in the CSFII 1994–96 food coding database (for example, a pancake of a given diameter). A serving was defined as the household measure with a gram weight closest to the weight calculated based on grain content.

- For popcorn, the serving size was defined in terms of common household units based on the complex carbohydrate content.

- To determine whole-grain servings, ARS food specialists classified all grain ingredients used in the CSFII 1994–96 recipe database as whole grain or nonwhole grain. The total number of grain servings per 100 grams of each food reported in the survey was determined. Then, this total number of servings was divided into whole-grain servings and nonwhole-grain servings based on the proportion of the grain ingredients in the food that were whole grain and nonwhole grain.

Vegetables. The Food Guide Pyramid separates vegetables into five subgroups: dark green leafy vegetables; deep yellow vegetables; starchy vegetables; dry beans and peas (legumes); and other vegetables (U.S. Department of Agriculture 1992, 1993). A list of vegetables classified according to these subgroups is shown below. It includes all those reported in the CSFII 1994–96. The classification for those marked with an asterisk is from a publication describing the Pyramid and its use (U.S. Department of Agriculture 1993); the remainder were assigned by ARS nutritionists and food specialists.

- Dark green leafy vegetables: arugula, beet greens*, broccoli*, chard*, chicory*, cilantro, collard greens*, dandelion greens*, endive*, escarole*, grape leaves, kale*, lambsquarters, mustard greens*, parsley, poke greens, pumpkin leaves, romaine lettuce*, spinach*, sweet potato leaves, taro leaves, turnip greens*, watercress*.

- Deep yellow vegetables: calabaza, carrots*, carrot juice, pumpkin*, sweet potato*, winter squash*, yams.

- Starchy vegetables: black-eyed peas (not dried), breadfruit*, cassava, corn*, cowpeas (not dried), dasheen, green peas*,

hominy*, jicama, lima beans (immature)*, parsnips, pigeonpeas, white potato*, rutabaga*, tannier, taro*, yambean.

- Dry beans and peas: bayo beans, black beans*, black-eyed peas*, broadbeans, calico beans, chickpeas (garbanzos)*, cowpeas, fava beans, kidney beans*, lentils*, lima beans (mature)*, mung beans*, navy beans*, pinto beans*, pink beans, red Mexican beans, split peas*, soybeans (mature), white beans.

- Other vegetables: algae, aloe vera juice, artichokes*, asparagus*, balsam-pear pods, bamboo shoots, bean and alfalfa sprouts*, broccoflower, beets*, Brussels sprouts*, cabbage* (green and red, and sauerkraut), cactus, capers, cauliflower*, celery*, celery juice, chayote, Chinese cabbage*, chives, christophine, chrysanthemum, coriander, cucumber*, eggplant*, garlic, ginger root, green beans*, horseradish, leeks, lettuce*, lotus root, mushrooms*, nopales, okra*, olives, onions (mature and green)*, oriental radishes, palm hearts, peppers (green*, red, hot, banana), pimiento, radicchio, radishes*, seaweed, snow peas*, summer squash*, swamp cabbage, tomatillos, tomatos*, tomato juice*, turnips*, water chestnuts, wax beans, waxgourd, winter melon, zucchini*.

The Pyramid servings data further subdivide these groups. White potatoes are listed separately from other starchy vegetables because they account for a large proportion of starchy vegetable consumption. Similarly, tomatoes are listed as a separate group; the Food Guide Pyramid includes them with "other vegetables."

Serving sizes were based on those in the Food Guide Pyramid, which defines a serving as 1 cup of raw leafy vegetables; 1/2 cup of other vegetables, cooked or chopped raw; or 3/4 cup of vegetable juice. These serving sizes were used as the basis for selecting or imputing appropriate serving weights from the CSFII 1994–96 food coding database.

Often, the food coding database provided several different weights for the various forms in which a vegetable might be available for consumption. When mashed vegetables were reported, the weight for the mashed form was used. For other forms, the following general order of priority was used to select a serving weight: chopped, sliced, cubes, diced, pieces, whole. For broccoli, the order of priority was: chopped, cut, pieces, florets, spears. In general, this had the effect of counting as a serving the densest form of the vegetable for which a weight was available.

Although serving weights were assigned to vegetables in their "as consumed" form, the nonvegetable ingredients were counted toward appropriate food groups as well. For example, the fat added in cooking and the added sugars were counted toward servings in the Pyramid tip, and the milk in mashed potatoes was counted toward the dairy group. Vinegar does not count toward a food group because it has no calories.

For vegetable combinations containing vegetables from more than one subgroup (for example, peas and carrots), first the serving weight was selected from the food coding database. Then the number of servings from each subgroup per 100 grams was determined based on the proportion by weight that each vegetable in the recipe contributed to the total.

Fruits. The Food Guide Pyramid separates fruits into two subgroups: "citrus, melons, berries" and "other fruits" (U.S. Department of Agriculture 1993). A list of fruits classified according to these subgroups is shown below. The classification for those marked with an asterisk is from a publication describing the Pyramid and its use (U.S. Department of Agriculture 1993). The remainder were assigned by ARS nutritionists and food specialists.

- Citrus fruits, melons, berries: Acerola, blackberries, blueberries*, boysenberries, calamondin, cantaloupe*, casaba melon, cranberries*, elderberries, gooseberries, grapefruit*, honeydew melon*, juneberries, kiwifruit*, kumquats, lemon*, lime,

loganberries, mulberries, orange*, raspberries*, strawberries*, tangelo, tangerine*, ugli fruit*, watermelon*, and juices made from these fruits.

- Other fruits: Apple*, apricot*, Asian pear*, avocado*, banana*, cherries*, currants, dates*, figs*, genip, guava*, quince, grapes*, jackfruit, Japanese pear, jobo, lychee, mamey (mamea apple), mango*, nectarine*, papaya*, passion fruit*, peach*, pear*, persimmon, plantain*, pineapple*, plum*, pomegranate, prickly pear*, prunes*, raisins*, red banana, rhubarb*, sapodilla, soursop (guanabana), star fruit* (carambola), sweetsop, tamarind, watermelon rind, wi-apple, and juices made from these fruits.

Definitions of serving size were based on those in the Food Guide Pyramid. It defines a serving as a whole fruit, such as a medium apple, banana, or orange; a grapefruit half; a melon wedge; 3/4 cup fruit juice; 1/2 cup berries; 1/2 cup chopped, cooked, or canned fruit; or 1/4 cup dried fruit (U.S. Department of Agriculture 1992). These serving sizes were used as the basis for selecting or imputing appropriate serving weights from the CSFII 1994–96 food coding database.

Servings of all fruits, whether eaten plain or consumed as an ingredient of any food, were counted toward fruit group servings. As with foods in the grain and vegetable groups, foods were separated into ingredients before serving weights were assigned only if a serving weight consistent with Pyramid guidance could not be determined for the food consumed. Therefore, serving weights were assigned to fruits prepared with added sugar if the sugar did not increase the volume appreciably. For example, weights from the food coding database appropriate for a 1/2-cup serving were selected for fruits that were unsweetened and sweetened and for those canned in juice, light syrup, and heavy syrup. A few fruit sources such as fruit nectars and cranberry sauces were defined as mixtures and separated into ingredients before serving weights were assigned because they contained large proportions of added sugar, which could change the volume measurement.

For fruit combinations containing fruits from more than one subgroup (for example, fruit cocktail with citrus fruits), first the serving weight was selected from the food coding database. Then the number of servings from each subgroup per 100 grams was determined based on the proportion by weight that each fruit in the recipe contributed to the total.

Dairy. According to the Pyramid, most dairy foods are classified in this group (also called the milk, yogurt, and cheese group). Dairy foods that are excluded are those which are primarily fat, namely butter, cream, sour cream, and cream cheese.

For milk and yogurt, the serving size used was taken directly from the Pyramid, which defines a serving as 1 cup of milk or yogurt (U.S. Department of Agriculture 1992). For cheeses, serving sizes were based on the Pyramid's underlying criterion for a dairy serving, which is that it should provide about the same amount of calcium as 1 cup of skim milk (that is, 302 milligrams) (U.S. Department of Agriculture 1992, 1993).

Most foods containing dairy products were separated into ingredients, and the number of servings from the dairy group was determined based on the amount of milk or cheese they contained using the serving sizes specified above. This was true for foods having dairy products as primary ingredients, such as ice cream, ice milk, frozen yogurt, puddings, and custards (including those used as fillings). It also applied to mixed dishes (such as casseroles, omelets, soups, and vegetables with cream or cheese sauces) and to mixtures (such as salad dressings, milk gravies, meal replacements, and candies) that contained milk or cheese as an ingredient. However, for a few foods, such as grain products, processed meats, and meat analogs, milk was considered such an integral part of the food that to count the milk toward servings from the dairy group would have constituted double counting.

Meat. Meats and meat alternates are classified in the meat group. Meats include beef, pork, lamb, veal, game, poultry, fish, shellfish, frankfurters, sausages, bacon, luncheon meats, and organ meats. Meat alternates include eggs, soy-based products such as tofu and meat analogs, nuts, and seeds. Dry beans and peas can also count as a meat alternate, or they can count as a vegetable.

The Food Guide Pyramid recommends eating two to three servings each day of foods from the meat group (also called the meat, poultry, fish, dry beans, eggs, and nuts group). The Pyramid states that the total amount of these servings should be the equivalent of 5 to 7 ounces of cooked lean meat, poultry, or fish per day (U.S. Department of Agriculture 1992). For meat alternates, the Pyramid specifies amounts equivalent to 1 ounce of cooked lean meat as follows: 1/2 cup cooked dry beans or peas, 1 egg, 2 tablespoons peanut butter, 1/3 cup nuts, 1/4 cup seeds, and 1/2 cup tofu (U.S. Department of Agriculture 1992, 1993). Thus, the same serving unit, ounces of cooked lean meat equivalents, is used for all foods that count toward the meat group. This measure standardizes the definition of a serving unit for the different types of foods that count toward the meat group and presents the data in the unit of measure in which the meat group recommendation is specified.

When the Food Guide Pyramid was developed, nutrient profiles were established for the food groups and subgroups as a preliminary step toward determining the number of servings to recommend (Welsh et al. 1993). For the five major nutrient-bearing groups and their subgroups, each profile represents the quantities of nutrients one would expect to obtain on average from a serving if foods were in their lowest fat forms (Welsh et al. 1993). The profile for the meat group provides 2.651 grams of fat per ounce of cooked lean meat, poultry, or fish. This translates to 9.35 grams of fat per 100 grams of cooked lean meat.

Therefore, the definition of cooked lean meat is meat, poultry, or fish that contains 9.35 grams or less of fat per 100 grams and at least 90.65 grams of nonfat meat per 100 grams. Thus, by definition, every 100 grams of meat, poultry, or fish with 9.35 grams or less of fat is 3.53 ounces of cooked lean meat (that is, 100/28.35 = 3.53) and has no discretionary fat to count toward the Pyramid tip.

For meat, poultry, or fish having more than 9.35 grams of fat per 100 grams when cooked, an algorithm was developed to provide a standardized method for determining the amount of cooked lean meat and the amount of discretionary (or excess) fat per 100 grams. This means that meats generally considered high in fat, such as frankfurters and bacon, for which there are low-fat alternatives, can be systematically categorized into Pyramid food groups in a manner consistent with the concepts behind the Pyramid. As the variety of low-fat meat products on the market increases, this will become increasingly important.

Some recipes in the CSFII 1994–96 recipe database contain raw meat. Thus, ARS developed a standard for raw meat comparable to the standard for cooked meat by estimating the grams of fat in 100 grams of raw meat that would be equivalent to 9.35 grams or less of fat in the cooked standard. This standard was 6.16 grams of fat or less per 100 grams of raw meat, poultry, or fish. To convert from the raw to the cooked weight, ARS assumed an average cooking yield of 75 percent. Thus, 1-1/3 ounces of raw lean is equivalent to the 1-ounce cooked, lean standard.

The Pyramid tip. The Pyramid tip includes fats, sugars, and alcohol. These items supply calories but little or no vitamins and minerals. Fats and sugars eaten separately or added to foods obviously count toward the tip. So do most of the fats and the added sugars from foods in the five major food groups (U.S. Department of Agriculture 1992). The tables in this report include information on discretionary fat and added sugars but not alcohol.

Discretionary fat includes

- all "excess" fat from the five major food groups beyond amounts that would be consumed if only the lowest fat forms of food in each food group were eaten
- fats added to foods in preparation or at the table, including cream, butter, margarine, regular or low-fat cream cheese, oil, lard, meat drippings, cocoa, and chocolate.

Added sugars, includes

- all sugars used as ingredients in processed and prepared foods, such as breads, cakes, soft drinks, jam, and ice cream
- sugars eaten separately or added to foods at the table.

More Information

Additional documentation on the development of the Pyramid servings data is available on the CD–ROM containing microdata from the 1994–96 CSFII (U.S. Department of Agriculture 1998).

Appendix E. Chemical Names, Trivial Names, and Abbreviations of Reported Fatty Acids

Chemical name	Trivial name of most typical isomer[†]	Abbreviation
Saturated acids		
Butanoic	Butyric	4:0
Hexanoic	Caproic	6:0
Octanoic	Caprylic	8:0
Decanoic	Capric	10:0
Dodecanoic	Lauric	12:0
Tetradecanoic	Myristic	14:0
Hexadecanoic	Palmitic	16:0
Octadecanoic	Stearic	18:0
Monounsaturated acids		
Hexadecenoic	Palmitoleic	16:1
Octadecenoic	Oleic	18:1
Eicosenoic	Gadoleic	20:1
Docosenoic	Erucic	22:1
Polyunsaturated acids		
Octadecadienoic	Linoleic	18:2
Octadecatrienoic	Linolenic	18:3
Octadecatetraenoic	Parinaric	18:4
Eicosatetraenoic	Arachidonic	20:4
Eicsapentaenoic	Timnodonic	20:5
Docosapentaenoic	Clupanodonic	22:5
Docosahexaenoic	No trivial name	22:6

[†]For monounsaturated and polyunsaturated fatty acids, the trivial name reflects the most typical isomer, although all isomers, including *cis* and *trans*, are included in the data.

Sources: Hilditch and Williams (1964), Swern (1979).

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